

Carolina country



Revival

INSIDE:

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Youth Tour alumni
Sunday revisited

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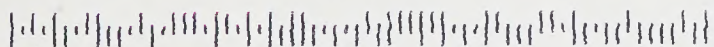
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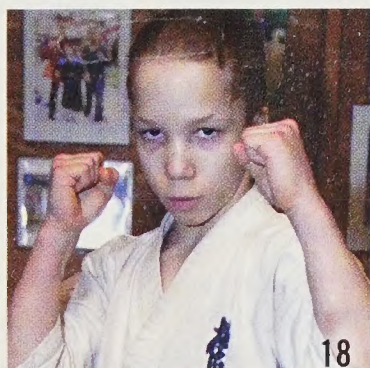
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With traditional to modern-day festivities, the annual Lumbee Homecoming (June 29–July 6) could be the biggest event of the year in Robeson County. See Carolina Compass, pages 32–36. (Mike S. Swanson photography)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.

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Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.



Common sense conservation

Regarding "We don't have to make big changes," by Katie Valchar ["First Person," May 2013]: Great story, Katie! Great show for your school, too. I would like to send reprints to the families of my grandchildren and to the science teachers of their schools.

Living our life of constitutionally guaranteed plenty, we are not always aware of what we are doing. Some 60 years ago, my family was living in Switzerland. At that time, Switzerland was an energy-exporting country and over 90 percent of their electricity was produced by hydropower. Of course, up there in the middle of the Alps, where the streams are fed by the glaciers, they did not have to worry about salmon spawning and snail darters. Things have changed, even there, in the intervening decades.

One day I went with my mother to the office of the electric company to pay our monthly bill. The lady in front of us was at the counter complaining about the size of the bill she had received for her household. "Well," said the lady behind the counter. "We can see your house from here in the office, and every evening we see it lit up like a palace with a big reception going on. And in the morning, when we come back to work, it still looks like that. Perhaps you can help yourself a bit by keeping control over your light switches."

I'm not going to comment on the customer relations value of that

exclamation, but is it not true for most of us today? My mother used to hound us kids to turn off the lights when we were the last out of the room. And she hung the clothes out to dry in the open air or in the drying room down in the basement when the weather was bad for drying outside. And she hustled us along when the evening clean-up time came around. Our refrigerator at that time would today be put to shame by the common dormitory-sized one my son used to "work out of" while he was in college 25 years ago.

With such memories, and the habits they established, I smile sadly when my children and grandchildren come visiting us, because it always shows in the electric and water bills. I am told that a 20-minute shower for teenagers is not only normal, but it is an integral part of their personal hygiene. How times have changed! For us, taking a shower is getting wet, turning the water off, soaping up from tip to toe, turning the water on, rinsing, turning the water off and getting out. Three to five minutes, max. Try it.

Come visit us if you have doubts about the effects. It works, after you get the hang that getting clean is not equivalent to rotating luxuriously for 20 minutes under the comfortably warm waterfall coming from the showerhead.

*Richard Sitterding, Goldsboro,
Tri-County EMC*

Another bright idea

We used our Bright Ideas grant money to purchase materials for a literacy program to use in our Exceptional Child self-contained class. We serve students with intellectual disabilities and autism. A combination of programs gave our students a multi-sensory approach to learning the alphabet that included sand writing, songs, movements and stories.

We have seen tremendous gains in the areas of literacy in my classroom. Students who have been trying to learn the alphabet for over a year without success really improved their scores on classroom assessments. One student in particular could only identify 25 percent of the alphabet correctly before the program began. Currently, this student is correctly identifying 70 percent of the alphabet. This is a huge gain in the world of special education. Not only are we seeing academic gains in our students, but they enjoy the program. They get very excited to meet the "Letterland" characters.

We greatly appreciate your generosity. We also appreciate how quickly we were awarded the money and how easy the process was. Thank you so much for making this year and years to come a success.

Kari Healey, Aberdeen Primary, Aberdeen

For Bright Ideas information:

ncbrightideas.com

Smelling the roses

I want to tell you all how much I enjoy your magazine. Although I have lived here for 44 years (Orange County, Sampson County and Warren County), I learn of new places when I read Carolina Country. My wife and I plan to go to Mars Hill after reading the article in April's edition ["Carolina Country Adventures"]. The picture sure looks like where I ride my bike north of Mebane at the Iron Gate Winery. It's the best way to see the countryside, at 18 to 20 miles an hour. You can smell, see and really experience rural North Carolina.

Lloyd Trimmer, Chapel Hill, Piedmont EMC

Quietly chugging along

While I enjoyed the article about refrigerators and energy in the May edition of Carolina Country ["Household Help"], you don't always have to go new to find a more efficient fridge. We replaced our frost-free 1970s model fridge in our Blowing Rock home with a 1948 Hotpoint, and we have saved \$8 per month on average since we switched them out. My wife wanted one of those fancy new refrigerators that are made to look like 1950s models, and as soon as I saw they were over \$2,000, I started checking out Craigslist. We found the Hotpoint in a barn, but had assurance that it was in running condition.

Our Hotpoint is not frost-free, but it was made before the days of planned obsolescence, so it's still chugging along fine. It does not constantly cycle on and off like the old one did. In fact, it is so quiet I had to lie down on the floor for a while to make sure it was working when I plugged it in.

Now if I could just find one of those Model T Fords that got 25 mpg, I would be set.



Brad Daniel, Blowing Rock, Blue Ridge EMC



Hyde County boys

On Middle Creek near Mrs. Nell Cox's house last summer.

Anna M. Clarke, Engelhard, Tideland EMC

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JACOB'S LOG:

The model of the man

By Jacob Brooks

The earliest memory I have of my father comes from when I was right around 4 years old. It was late at night, and I had been tucked into bed.

I had received both servings of “night-night sugars” from Mom and Dad, and I had been instructed to “sleepy good.” For some reason though, I couldn’t fall asleep. I lay there mulling over all the things I had to get done the next day: build a fort, be a cowboy, stop a bank robbery, hit a homerun in the last game of the World Series. I had my hero work cut out for me, so I was trying to prepare myself mentally.

Out of nowhere, I heard a noise. My background as a detective led me to believe the noise was coming from the living room; I decided to investigate. I crawled out of bed, peaked around the corner, and slowly headed into the living room. As I made my way, I could see my father sitting on the couch munching on popcorn and drinking orange Kool-Aid, which has always been a staple in the Brooks household. He was sitting there enthralled by “Indiana Jones and the Last Crusade.” The scene looked quite welcoming, so I decided to edge closer. I knew going closer would put me at risk. Heck, I was supposed to be counting sheep at this point. Crawling out of bed at midnight would not bode well for my rear end. I decided to press my luck anyway.

I began taking very careful steps, inching towards him. I did my best not to make a sound. Unfortunately, I had left my cowboy hat lying on the floor after a rough day of working on the ranch—a rookie mistake. I accidentally kicked it and made a noise. My father instantly turned to identify the noise; I knew I was in trouble. He



Dad, me, my brother Josh, Mom, cowboy hats, a Ford truck, America.

looked at me with piercing eyes and said, “Come here, Jacob.”

At this point in my life, I was relatively new to the world, but I had been around the block a time or two. I knew what was coming. I lowered my head and eased forward. I anticipated being scooped up and carried back to bed, but I was surprised when Dad scooped me up and placed me beside him on the couch. He put his arm around me and handed me his popcorn bowl. We watched movies all night until I fell asleep.

My father is a man who has always been slow to anger but willing to speak his mind. He never lets anyone run him over, but always puts his needs after the needs of others. He is a man of integrity who taught me that respect is not always earned but automatically given. He has reminded me that a strong work ethic and an honest heart are the only two attributes anyone can

really take to the bank.

Dad has always been my hero. He has taught me everything from how to drive a tractor and work a circular saw, to how to add multi-digit numbers. He was a baseball coach who would jump down my throat after I missed a fly ball, but he has been a friend I can call on if I ever need any advice. My father is the model of the man I hope to become. Happy Father’s Day, Dad. I love you.

To all the dads out there, Happy Fathers Day! May God bless you all. 🍌

Jacob Brooks, sponsored by Blue Ridge Electric, was national spokesman for the electric cooperatives’ Youth Leadership Council. He attends Appalachian State University.



Now New & Improved

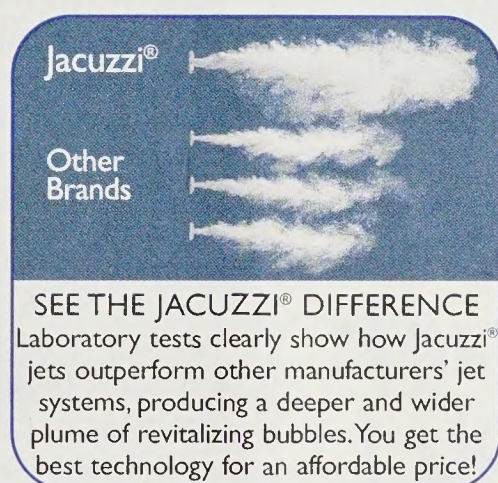
The Jacuzzi® Walk-In Hot Tub... your own personal fountain of youth.

*The world's leader in hydrotherapy and relaxation
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Remember the feeling you had the first time you got into a hot tub? The warm water, the energizing bubbles and the gentle hydrotherapy of the jets left you feeling relaxed and rejuvenated. Aches and pains seemed to fade away, and the bubbling sound of the water helped put you in a carefree and contented mood. The first time I ever got in a hot tub at a resort, I said to myself "One of these days I'm going to have one of these in my home- so I can experience this whenever I want." Now that I'm older, I'd still like to have the pain relief and relaxation, but I have to be careful about slipping and falling in the bathroom. That's why I was thrilled to find out that Jacuzzi, Inc. had combined the safety of a walk-in bath with the benefits of a hot tub. Now that I have one in my home I can have that luxurious resort experience... whenever I want.

The moment you step into your New Jacuzzi® Walk-In Hot Tub you'll see the superior design and the quality of the craftsmanship. The new entry step is low, so it is easy and safe to get in and

out. The new double-sealing door is 100% guaranteed not to leak. The high 17" seat enables you to sit comfortably while you bathe and to access the easy-to-reach controls. Best of all, your tub comes with the patented Jacuzzi® PointPro® jet system with a new jet pattern- which gives you a perfectly balanced water-to-air ratio to massage



you thoroughly but gently. These high-volume, low-pressure pumps are arranged in a pattern that creates swirls and spirals that provide both a total body massage and targeted treatment of specific pressure points. There is even an in-line heater to maintain the

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- ✓ **Maximum Pain Relief** - Therapeutic water AND air jets to help you feel your best.
- ✓ **Personalized Massage** - New adjustable jet placement for pinpoint control.
- ✓ **Easy and Safe Entry** - Low entry, double-sealing leakproof door that is easy to open and close.
- ✓ **Comfortable Seating** - Convenient 17 inch raised seat.
- ✓ **Durable and Easy to Clean** - State of the art acrylic surface.
- ✓ **Worry Free Enjoyment** - Thanks to Jacuzzi Inc.'s Limited Lifetime Warranty.
- ✓ **No Hassle Installation** - Designed to fit in your existing tub space.

water temperature. The tub features a high gloss acrylic coating which is more durable, scratch resistant and easier to clean than traditional gel-coat surfaces. It's American made with full metal frame construction and comes with a limited lifetime warranty on both the tub and the operating system.

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U.S. Agriculture Secretary Tom Vilsack in May met with more than 1,500 representatives of the nation's electric cooperatives in Washington, D.C. The Department of Agriculture includes the Rural Utilities Service and its loan program for electric cooperatives.

Thanks to members of Congress

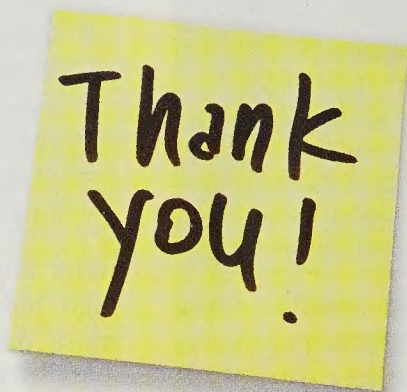
North Carolina's electric cooperatives recently thanked the members of Congress listed below for helping cooperatives provide electricity to members at an affordable rate. These North Carolina congressional members recently sent letters asking budget writers in both chambers and political parties to support the Rural Utilities Service (RUS) Electric Loan Program.

This program is critical to ensure that electric cooperative can build electric infrastructure in rural communities at the least possible cost. The RUS Electric Loan Program provides low interest loans to cooperatives to build generation and deliver the electricity needed to power homes and businesses. The program does not cost taxpayers money; instead, the program makes money for the government through interest payments and is projected to earn more than \$130 million to help reduce the federal deficit in the next fiscal year.

North Carolina's electric cooperatives urge Congress to maintain an adequate loan level for the RUS Electric Loan Program so they can continue to provide affordable, reliable and safe electric service to rural North Carolina.

Sen. Richard Burr – R
Rep. G. K. Butterfield – D
Rep. Howard Coble – R
Rep. Renee Ellmers – R
Sen. Kay Hagan – D

Rep. Walter B. Jones – R
Rep. Mike McIntyre – D
Rep. Mark Meadows – R
Rep. David Price – D
Rep. Mel Watt – D



Federated Insurance rewards North Carolina co-ops' safety record

Because of the superior job safety record among its member electric cooperatives, the North Carolina Association of Electric Cooperatives (NCAEC) this year received \$323,095 from its insurance carrier, Federated Rural Electric Insurance Exchange, to further assist in their overall loss prevention efforts. The loss control contribution includes an \$80,774 bonus that the Federated board awarded this year to recognize North Carolina's cooperatives' for their efforts in helping to significantly reduce nationwide claims over the past six years.

NCAEC's job training and safety director Tommy C. Greer said the money will assist in maintaining the high standards of the loss control and safety programs that NCAEC offers to member cooperatives.

Federated Rural Electric Insurance Exchange is the leading provider of property and casualty insurance for rural electric cooperatives in 42 states. The insurance provider writes more insurance for North Carolina's cooperatives than for any other state.

At the NCAEC annual meeting held in Raleigh last April, Federated's president and CEO Phil Irwin said the importance that North Carolina's cooperatives place on safety makes the co-ops leaders nationally in reducing losses and claims. The number of claims the state's co-ops have filed has been cut in half during the past few years, he said. "That's because North Carolina is on the leading edge of accepting change and making meaningful differences in their safety programs."

Based in Lenexa, Kan., Federated is owned and directed by electric and telephone cooperatives and has served them exclusively since 1959. Insurance coverages include property, liability, workers compensation and others.

North Carolina's Job Safety & Training program provides extensive training for co-op line workers at NCAEC's facility operated in conjunction with Nash Community College, as well as a broad range of safety, training and inspection operations for all employees and equipment at facilities maintained by the cooperatives.



Energy Efficiency Tip



During summer months when air conditioners work hardest, do energy-intensive tasks such as laundry and dish washing during off-peak energy demand hours, usually in the early morning or later evening.

Source: Alliance to Save Energy

“Caring for people” was the focus of this annual meeting

At the annual meeting of their statewide organizations in Raleigh, North Carolina’s electric cooperative board members and management staff in April focused on the cooperatives’ role in maintaining vibrant communities in the areas they serve.

“What we do does not stop with providing reliable electric service, we also improve quality of life” said Donald H. “Donnie” Spivey, CEO of Pee Dee EMC and outgoing president of North Carolina Electric Membership Corporation (NCEMC), the cooperatives’ statewide power supply division.

The recently appointed CEO of the National Rural Electric Cooperative Association, former Missouri Congresswoman Jo Ann Emerson, chose North Carolina’s as her first statewide annual meeting to attend. She said cooperatives are successful because “you understand people and are motivated to serve your communities.” She praised the state’s co-ops for supporting such programs as grants to school teachers and contributions to the North Carolina Burn Center at UNC-Chapel Hill.

Keynote speaker Mike Williams, president and CEO of Texas Electric Cooperatives, reported on the findings of a national project examining how electric co-ops can sustain their work in the 21st century. “The soul of our program is caring for people,” he said. “Believe in your purpose, care about people, and they will like you and trust



Michael Gery

Discussing political action on behalf of cooperatives and their communities were (from left) Brady Martin of Halifax EMC, Charles Guerry of Halifax EMC, Jay Rouse of NCAEC, Lee Layton of Blue Ridge EMC, and Renee Whitener of Blue Ridge EMC.

you.” He added that “the key to our success is our willingness and capacity to adapt to change.”

Directors and management staff participated in panel discussions on what co-ops are doing to help develop their communities, as well as on the political front. A panel of young people (a high schooler, college student and town manager), moderated by retired schoolteacher Marcia Lambeth (a Pee Dee EMC director), examined experiences and expectations of young people today.

Two financing cooperatives that serve the state’s electric co-ops presented gifts to further projects coordinated by the North Carolina Association of Electric

Cooperatives (NCAEC). CoBank gave \$20,000 for NCAEC’s work with the N.C. Burn Center, as well as its educational and scholarship programs. The National Rural Utilities Cooperative Finance Corporation gave \$19,000 for NCAEC’s Bright Ideas teacher grants and its scholarship program.

Certificates of Excellence for safety—granted every three years for co-ops achieving safety standards during the three-year period—were given to the following cooperatives: Blue Ridge EMC (16th achievement), EnergyUnited (11th achievement), Halifax EMC (12th achievement), Haywood EMC (13th achievement), Rutherford EMC (11th achievement), South River EMC (14th achievement) and Tideland EMC (13th achievement). Co-ops awarded the same certificates earlier were Carteret-Craven EMC (14th achievement), Lumbee River EMC (12th achievement), and Roanoke Electric (13th achievement).

The following were elected officers for 2013-2014.

NCEMC: President Mitchell L. Keel, Four County EMC; Vice President Mark A. Suggs, Pitt & Greene EMC; Secretary-Treasurer Dale F. Lambert, Randolph EMC.

NCAEC: President Allen W. Speller, Roanoke Electric; Vice President Jeffrey B. Joines, Blue Ridge Electric; Secretary-Treasurer Carl W. Kornegay, Tri-County EMC.



Duane Salstrand

Three students who joined the 2012 Youth Tour to Washington, D.C., sponsored by their co-ops, won NCAEC college scholarships. They were (from left) Jared Smith of Onslow County, Alex Loflin of Davidson County, and Ben Hall of McDowell County.

Power in your hands

Co-ops are working to increase reliability and help members manage their costs

Think about your routine this morning. Perhaps you woke up to the “ding!” of an alarm clock and then checked the weather on your computer. Maybe you made coffee, threw laundry in the dryer or unplugged your fully-charged cell phone before walking out the door.

Now think back to the 1930s, before many rural areas had electricity. The crow of a rooster roused you from sleep, and you checked the weather by opening a window. You read by the glow of a gas lamp, and your kitchen counter displayed ceramics full of flour, sugar and coffee, not a microwave, toaster and electric can opener.

Affordable electricity has led to big improvements in our quality of life. The convenience of electric lights in the home—let alone dishwashers, clothes dryers and computers—was only a dream a century ago.

These days, we’re more dependent on gadgets to power our lives and businesses, and we have access to information like never before. Modernized grid technology, increased awareness of efficiency and advances in mobile and web applications give consumers new ways to be more aware of energy use and more informed about the way they use it.

Electric utilities must rise to the challenge not only to power consumers’ lifestyles with a reliable supply of energy, but also to empower consumers to manage their energy use. North Carolina’s electric cooperatives are investing in technology that will increase reliability and provide new tools for energy-consumption management. By using these tools, cooperative members will better understand how their demand for energy corresponds to the cooperative’s supply of energy, empowering members to make informed decisions about when to use certain energy-intensive appliances,

like the clothes dryer. This knowledge, and subsequent behavioral changes, could help slow down the inevitable rise of electricity costs.

Your cooperative is working to meet your needs by increasing reliability and providing new tools to help you keep your electric bills low. Here’s how:

Better reliability

The job of your electric cooperative is to make electricity available on demand, 24 hours a day, and to supply it in the most cost-effective way. In this “plugged-in” era, consumers and businesses do not want service interruptions.

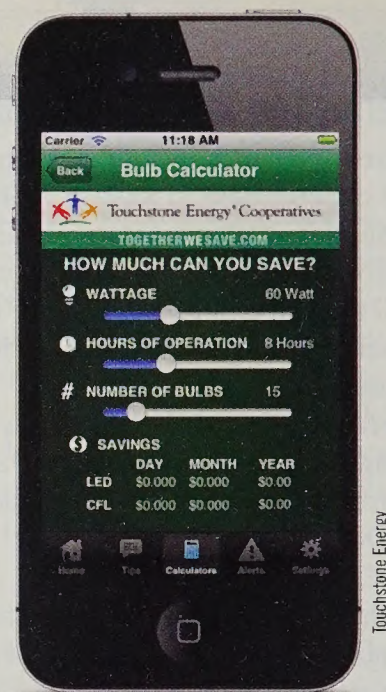
With enhanced grid technology, utilities will be able to prevent outages by identifying and correcting problems before they happen. Utilities can also monitor the system better and reduce the number of spikes, blinks and surges—which means even better service for you.

The power is in your hands

What if you could go online and see the drastic spike in energy use when your clothes dryer is run? Or by tapping your cell phone screen, show your kids it costs an extra \$10 a month when they leave the lights on?

A recent survey conducted by TSE Services, a North Carolina electric cooperative market research group, showed that more than 80 percent of electric co-op members have access to the Internet at home. More than 40 percent have “smart” phones with Internet connectivity, and among 18–34 year-olds, 75 percent have Internet-capable phones.

North Carolina’s electric cooperatives recognize that customers are relying more on mobile and online technologies. Many are rolling out websites and apps to help members




Touchstone Energy

North Carolina's electric cooperatives recognize that customers are relying more on mobile and online technologies.

manage payments, report account and service issues, check usage and receive special messaging, all at the touch of a button. Some of these state-of-the-art programs can provide monthly, daily, even hourly snapshots of energy use.

Smart phones and enhanced grid technology are revolutionizing the way we access information; however these technologies are still relatively new and are constantly evolving. Contact your cooperative to see what is available in your area.

Your electric cooperative is proud of its reliability record and is committed to helping members manage their costs. As technology evolves, you can be sure North Carolina’s electric cooperatives are working to meet members’ changing needs by providing state-of-the-art tools to help you better understand and manage energy use—and in turn, keep your energy bills low. 

This is the 10th in a series produced by the North Carolina Association of Electric Cooperatives.

What You Can Do

Touchstone Energy offers two apps for smart phone users. “Together We Save—Tip of the Day” delivers easy, low-cost ideas to save money and energy at home. “Together We Save—Save Energy, Save Money” calculates the cost of running appliances and compares energy usage of different types of light bulbs. Find and download both by searching for “togetherwesave” in your app marketplace.

AMERICA'S LAST MORGAN SILVER DOLLAR



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The U.S. Morgan Silver Dollar was struck from 1878 until its final year in 1921. Back then, a hefty, gleaming Silver Dollar had real buying power—over 12 times more than today's paper dollar. In those days, a new car only cost you 325 silver dollars, and one silver dollar bought you nearly four gallons of gasoline!

SILVER TREASURES LOST TO THE MELTING POTS

When these massive, 90% Silver Dollars were struck, the price of silver was around 66 cents an ounce. Over the next nine decades, as silver prices shot to as much as \$50 an ounce, untold millions of Morgan Silver Dollars have been lost to private and government melting pots. Today, as silver has reached as high as \$48.70 an ounce recently, there is no telling exactly how many 1921 Morgan Silver Dollars—America's LAST Morgan Dollar—still survive in *any* condition!

AMERICAN SILVER WITH A RICH STORY TO TELL

Beautiful, historic, and brimming with pride, the U.S. Morgan Silver Dollar is more than a coin—it is a true American heirloom. Each 90% pure silver dollar is an impressive 38.1 mm in diameter, and has witnessed a lifetime of American history, trial, and triumph. Morgan Silver Dollars jingled in the pockets of gunslingers, riverboat gamblers, gangsters, prospectors, and pioneers. They were the storehouse of wealth for our fathers, grandfathers, and great-grandfathers.

A PRIVATE VAULT GIVES UP ITS SECRETS

Today, virtually all the surviving Morgan Silver Dollars are in private hoards. When we were recently guided into a wealthy owner's vault, we were thrilled to discover a

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"We saw ourselves as a delegation of individuals coming to see the greatest of our country and to learn about how important cooperatives are to our region."



Austin Andrews, Rockingham, freshman at UNC-Chapel Hill

"The Youth Tour made me feel more confident in my ability to interact with high-profile administrators and with peers."



Dillon Vess, sophomore at UNC-Chapel Hill

"It's not just a trip. It is a maturation experience."



J.J. Barton, Raleigh, mother of two

A WEEK IN WASHINGTON

It's amazing what a week in the nation's capital can do for North Carolina teenagers

By Stacey Northup

In 2014, the weeklong trip to Washington, D.C., known as the Rural Electric Youth Tour marks its 50th anniversary of providing high school students the chance to learn about U.S. history, government and electric cooperatives. Since it started, the Youth Tour has hosted more than 1,600 high school students from North Carolina and more than 40,000 students nationally.

North Carolina's electric cooperatives send approximately 30 students annually to join peers from across the nation. Inspired by visits to historic sites like the Tomb of the Unknown Soldier, Capitol Hill and Mount Vernon, "Youth Tourists," leave the nation's capital invigorated, determined and with a more tangible understanding of their government. Many of those sent by the North Carolina's electric cooperatives have gone on to do great things in their home state.

Where are they now?

In 1984, Four County EMC, based in Burgaw, sent Lisa Loflin on the Youth Tour. The trip gave Loflin, who currently teaches 5th-12th graders at a Davidson County home school, an

appreciation for U.S. history and government. Visiting the Kennedy Center and Arlington National Cemetery were her greatest memories from the week in Washington, D.C.

Loflin appreciates that the tour continues today and that her daughter Alexandria was able to attend in 2012.

A more recent tourist has been inspired to become an educator, as well. Austin Andrews is in his first year at the University of North Carolina at Chapel Hill, studying to become a professor. He attended the Youth Tour in 2011 through the support of Pee Dee EMC, based in Wadesboro.

Andrews remembers meeting with North Carolina's congressional delegation. "There we were, eager and interested teenagers, in a tiny room in the U.S. Capitol and a steady stream of representatives and senators spoke with us, answering our questions."

After meeting Congresswoman Virginia Foxx, from North Carolina's 5th Congressional District, Andrews and the other North Carolina students were given a behind-the-scenes tour the next day. "We followed her up and down winding stairs and passages of the Capitol building," Andrews

said. "We ended up on a presumably restricted balcony with a gorgeous view of the National Mall."

Despite being from different regions of North Carolina, students on the Youth Tour bond almost immediately. An eagerness to learn and explore is something each tourist shares. "We were a diverse mix that fused as one due to our team mentality," Andrews said.

For so many students, the highlight of the trip is forming friendships while traveling farther than ever before. In 1987, J.J. Barton, now a busy, stay-at-home mom of two, attended the Youth Tour as a member of Tideland EMC, based in Pantego. She remembers the ballet and rooftop experience at the Kennedy Center, the Smithsonian and the visit to Arlington Cemetery.

"The Youth Tour was so empowering for me," Barton said. "It was the first time I had traveled out of state, other than visiting family, and certainly the first time I had done so without my parents. It was my first glimpse at just how big our world is, and the first time I had seen places that I had read about for years."

Barton said that the Youth Tour not only sparked her love of traveling but

"It makes sense that the people who helped bring power to the less-densely populated parts of the state would also bring an opportunity like this to students who live in those same places."



Ray Starling, general counsel to the N.C. Speaker of the House

"Students have the opportunity to learn about cooperatives and how they are a vital part of our society."



Lisa Loflin, Denton, home school teacher

"The Youth Tour made a major impact on my career choice."



Mike Davis, general manager of Tri-County EMC, Dudley

that "magical week" gave her a boost in confidence that followed her to college and beyond. "These programs forever change young adults for the better," Barton said. "Many youth on the Tour may never have had the opportunity to travel before. What a gift that is."

Co-ops reach into their communities

Another student affected in the same way was Ray Starling, general counsel to the North Carolina Speaker of the House Thom Tillis, who attended the Youth Tour in 1993 as a member of South River EMC, based in Dunn. Growing up on a farm in a small town, Starling said he feels like he was the prototypical Youth Tourist.

"We have electric cooperatives because a lot of the country was moving forward while many rural parts of the country were not," Starling explained. "Getting electricity out to rural areas was to help level the playing field and give more people an opportunity to be a part of the electric revolution. That mission of bringing something to rural North Carolina is exactly what the Youth Tour is about."

Dillon Vess, like Starling, noted the impact the Youth Tour has on students from rural areas. Vess, a sophomore studying business and political science at UNC-Chapel Hill, was sent on the Youth Tour in 2010 by French Broad EMC, based in Marshall.

Vess said that the Youth Tour gave him, as a small-town mountain kid, a new confidence. "I feel that it is perfectly appropriate to speak up if

an important point needs to be made or if a question needs to be asked. Classroom interaction is the keystone of learning at UNC-Chapel Hill, and the Youth Tour helped prepare me to be a part of that interaction."

Learning about the business model of cooperatives solidified Vess' decision to study business and political science. Exposure to the utility industry fueled a further understanding of economics, while watching his supervisors interact with members of Congress made him curious to learn more about political science.

"The day spent on Capitol Hill was one of the many highlights of the Youth Tour," Vess said. "I remember feeling privileged, as a teenager, to ask our North Carolina representatives and senators questions about the actions they were taking to secure the United States' energy independence."

Inspired by cooperatives

The Youth Tour also sparked an interest in business for Mike Davis, the general manager of Tri-County EMC, based in Dudley. Davis was sent on the 1970 Youth Tour by Jones-Onslow EMC, based in Jacksonville. After graduating from East Carolina University, he began his career at Tri-County EMC in 1975. Davis became the general manager in 1988 after a series of promotions. Memories of the trip still remain for Davis.

"Friendships gained, breakfast with our congressmen and a boat ride down the Potomac River were highlights of

the trip," Davis said.

The alumni agreed that in the past 50 years, the Youth Tour has provided opportunities and made a difference for many North Carolinians.

"Cooperatives must continue to invest in programs like the Youth Tour," Vess said, "because they help give kids in rural communities the opportunity to accelerate their education of and their curiosity for the political world. The Youth Tour exemplifies how opportunity leads to more opportunity and is often a catalyst in convincing teenagers to go to, and stick with, college."

For more information about the Youth Tour, visit youthtour.coop. If you represented a North Carolina electric cooperative on the Youth Tour, join other alumni at ncelectriccooperatives.com/youthtour

Stacey Northrup graduated in May from UNC-Chapel Hill with a degree in Journalism and Mass Communications. She interned in corporate communications with the North Carolina Association of Electric Cooperatives.

Today's Youth Tour

The 2013 Rural Electric Youth Tour is scheduled for the week of June 15–22. High school juniors and seniors can apply to participate in the Youth Tour every winter. For more information or to apply, contact your local electric co-op. The Rural Electric Youth Tour is a joint program among local electric co-ops, their statewide co-op associations, and the National Rural Electric Cooperative Association (NRECA) in Arlington, Va.

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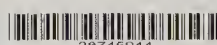


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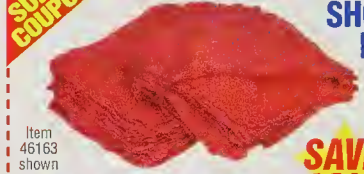
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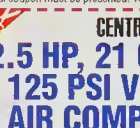
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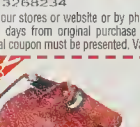
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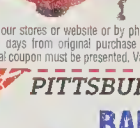
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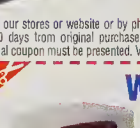
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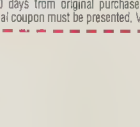
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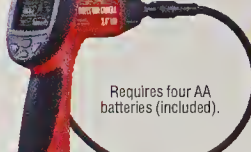
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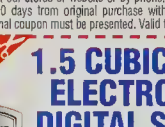
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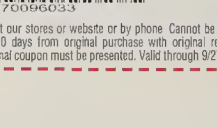
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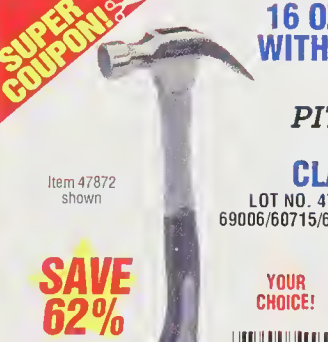
Item 47872 shown

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SAVE 62%

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HaulMaster

500 LB. CAPACITY ALUMINUM CARGO CARRIER

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No longer a 'shad' story

The shad are jumping the rapids for real on their annual run up the Cape Fear River

Text and photos by Hannah Miller

Since Europeans settled the New World, and probably before then, the silvery, 12- to 18-inch fish known as shad have nurtured the people living on the lower Cape Fear. Sometimes sport, sometimes food, sometimes livelihood—the ocean-living, inland-spawning fish arrive by the thousands in early spring. They flip their lively tails up the Cape Fear—the females leading the pack—as they try to make it back to their ancestral spawning grounds upriver. They're aiming, say biologists, for the spot on the river in Harnett County where the rocky Piedmont meets the sandy Coastal Plain. There, the females who make it will lay their eggs on the rocky river bottom, to be fertilized by male sperm and start the cycle of life all over again.

For the humans along their upward path, it's that journey—the springtime shad run—that counts. They line the river's banks with poles, maneuver boats in the frothing waters below the river's three lock/dam combinations, and greet relatives and neighbors at big shad-run-inspired parties.

"Since I was little, I remember coming down here," says Troy Snowden (a Four County EMC member) as he waits for the fish to fry at this year's Blue Monday celebration.

The day—the first Monday after Easter—is always a big one for the Graham and Blanks extended families, he says. The communal fish fry started informally back in the 1940s, just a "skip and a stone's throw" from Lock & Dam No. 1, says George Graham (a Four County EMC member) and the son of one of the founders, Archie Graham. His sister, Prudie Graham Long of Riegelwood (a member of Four-County EMC), her cousin Hazel Graham McGlockton of Whiteville (a member of Brunswick EMC), and cousin Claris Graham Nobles of Whiteville, remember when, as children, they'd climb through a fence and traverse a cow pasture to get to the river below Archie Graham's home. There, the adults were cooking shad pulled from the river.

"We had a good time then, too," remembers Nobles.

By the 1950s, friends and neighbors and relatives who had moved away were joining them, and Blue Monday moved to the park beside the dam, where more than 300, including members of the general public, attended this year's feast.

"I'm not the organizer," says George Graham, pointing out the holder of that distinction, his cousin Jesse Blanks (also a Four-County member). Instead, he says, "I'm a donater"—of 60 shad.

Instead of reeling the shad in one by one, Graham and others who hold the necessary commercial fishing licenses now net the shad ahead of time.

Another party, the Cape Fear River Shad Festival, took place at the park the next weekend "to share our history and our relationship to the spring arrival of the shad," says Earnestine Keaton, president of the sponsoring Lower Bladen Columbus Historical Society.

Help from the rapids

Shad, a kind of herring, were smoked and exported in large numbers in the 1800s, while their eggs, or roe, fed caviar factories. But over-fishing and the introduction of dams that kept them from their spawning grounds cut greatly into their numbers.

Wildlife agencies started putting limits on catches. And for more than 50 years, the Army Corps of Engineers, which manages the dams, has helped part of the run make it up the Cape Fear by lifting the fish in the locks originally meant for steamboats and barges. Until this year, that is, when it's a whole new ball game at Lock and Dam #1, the most downriver of the three lock/dam combinations. There, 39 miles above Wilmington near Riegelwood, several hundred feet of boulders have been piled below the 11-foot dam, turning it into a natural-looking rapids that the fish can jump themselves.

The dam-wide rock arch rapids, a joint project of the Corps and the state, cost \$13 million in federal "stimulus" money and was completed in November 2012. Similar to some in the Midwest, it's expected to increase the number of fish making it past the dam during the March-June run, thus enhancing the chances for a shad recovery.

If it's successful, fish experts hope to see similar solutions at Lock and Dam No. 2, at Elizabethtown, and No. 3, at Fayetteville. Like No. 1, they are relatively low-height dams that impound much of the region's water supply.

Shad not only are prized for their roe and, by some, for their taste, they are economically important as food for the larger fish that sportsmen and commercial fishermen catch.

"Speckled trout, flounder, puppy drum and even things like bluefish and tuna, king mackerel"—they all feast on shad, says Mike Wicker, U.S. Fish & Wildlife biologist. "Dolphins eat them too, porpoises...even whales."

But are the fish getting the message to jump the rapids?

Most definitely, says Buddy Guy, park ranger at No. 2. The fishermen and women who've been lining up below that dam agree.

Not only are they making it over the rapids and 33 miles upriver to No. 2, they started much earlier this year. Tom Charles, park ranger at No. 1, says he usually he starts lifting



People along the lower Cape Fear River stage festivals and feeds to welcome the spring and the shad.

fish mid-March. This year, the first fish was taken at No. 2 on Feb. 18, says Buddy Guy.

Veteran fisherman William Henry Poe of Elizabethtown, who keeps meticulous records, says he got his first on Feb. 27, then “two on the 15th of March, one on March 19, five on March 26, one on March 29.” Last year, they didn’t start biting his brightly-colored shad darts until the last of April.

Poe, who drove a Trailways Bus and an 18-wheeler for 36 years, is retired after a heart attack and stroke. “I’m down here every day,” he says. “I do it for the thrill of catching them. I don’t sell any. A lot of them I give to old people who can’t get down here.”

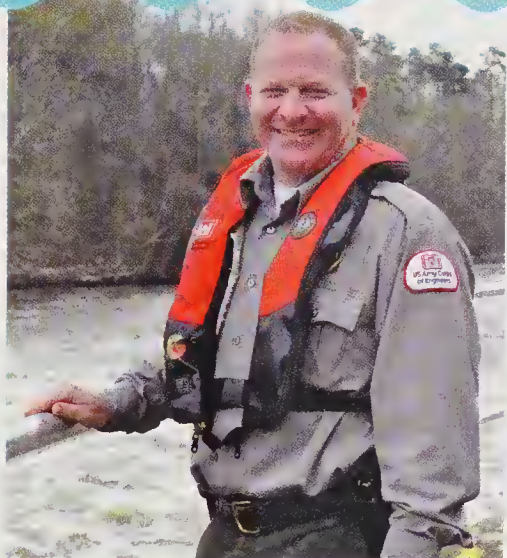
A similar open-heartedness prevails at Blue Monday, where George Graham likes to see “everybody come to eat, bring a good appetite, leave full and enjoy themselves.” There’s no charge for anything — not the shad, nor the hushpuppies, the egg roe, nor the fixin’s.

After all, says Troy Snowden, “Everybody’s family.”

Carolina Country contributing writer Hannah Miller reported on the work of NC Catch affiliates in the May issue of Carolina Country.

Jump online

Learn more by searching online for Cape Fear River Partnership. See more photos at www.carolinacountry.com



Photos (clockwise from top left):

F. P. White of Riegelwood had good luck netting shad below the new rapids on Blue Monday.

Lindsey Graham of Riegelwood, a member of Four County EMC, breads shad to fry.

Fishermen cast their hooks below the new rock arch rapids that the shad jump on their way up.

When shad started leaping the new rock arch rapids to make it 33 miles upstream to Lock & Dam No. 2, William Henry Poe was waiting for them.

Now that shad can make it over Lock & Dam No. 1 on their own, Park Ranger Tom Charles no longer has to open and close the lock to let them through. Lock & Dam No. 1, near Riegelwood, Bladen County, is powered by Four County EMC.

A WORLD CHAMPION FIGHTER

Christian Buffaloe of Warren County is better than just about anyone his age at this form of karate based on self-improvement and discipline

By Ann Green



When 13-year-old Christian Buffaloe spars with his karate opponents, he uses his bare knuckles.

In this Kyokushin or full-contact style Japanese karate, he has to knock out his opponents right away. "It is real fighting," says Christian, a Warren County resident. Unlike boxing, there are no weight divisions for youth competitors, he adds. Instead, the youngsters are matched by age.

Even though Christian is only 4 feet 11 inches tall and weighs around 104 pounds, he has developed a powerful punch that is feared by his competitors.

In 2011 and 2012, Christian won the youth division of the Kyokushin USWC Championships, beating opponents from Japan, Russia and other places around the world. Recently, he placed 2nd in the same competition, qualifying for an international tournament.

"I like competing because it keeps me healthy and in good physical shape," Christian says. "The philosophy behind this style of martial arts teaches me to be patient, kind and respect others."

To prepare for tournaments, Christian works out with his dad and trainer, Kenny Buffaloe, two and a half hours a day six days a week at the traditional Japanese-style dojo or training center next to his home. The small building has no heat or air conditioning. "You don't want to train in a comfortable place because you need to have a strong spirit," says Christian's dad, a member of Halifax EMC. "You have to stay focused and not get relaxed."

IT'S OK TO PUNCH AND KICK DAD

As part of his training, Christian uses a punching bag, runs, jumps rope and does countless sit-ups. He also spars with his dad, punching and kicking his Dad's padded armguard. "His kick is powerful," says the elder Buffaloe, a veteran of karate competitions. "He can kick 150 pounds of pressure. He often shocks the Japanese at competitions."

Early on, Christian got hooked on this grueling style of karate. "At 2½, I was trying to copy what Dad was doing," he says.

Right away, Buffaloe saw his son's potential. "When he was still in diapers, he could kick and not lose his balance," Christian's dad says. "He also didn't cry or quit. I knew then he had something special."


Along the way, Christian showed his determination and strength in this demanding style of martial arts, earning his green belt. "Kyokushin karate has the highest dropout rate in martial arts," his dad says, noting that only three out of 100 people earn a black belt because of the high standards.

Over the years, Christian has won numerous international tournaments. In 2008, he won the Kyokushin Karate Youth Tournament, becoming the first American to win the title.

After that, he began competing internationally, even going to Tokyo to compete in the 2011 International Kyokushin Youth Championships. Near the end of one match, Christian injured his right foot, but he didn't let the injury deter him.

After his dad iced and massaged his foot, Christian fought his next opponent, who was both heavier and taller than he was.

Although Christian didn't win, he caught the attention of Toshio Fujiwara, a Japanese champion in Muay-Thai fighting, a type of martial arts that shares some techniques with Kyokushin karate. Fujiwara was so impressed that he invited Christian to his gym to train. "It was quite an honor," his dad says.

Amid the training, Christian keeps a busy schedule, including being home schooled by his mother, Zenia Buffaloe, playing sports and video games and hanging out with friends. As a member of the Haliwa-Saponi Native American tribe, he also participates in pow-wows. In addition, he and his dad conduct karate demonstrations throughout North Carolina. "Other children can relate to me because I'm one of their peers," Christian says. "It is important to give back to North Carolina." 

Ann Green is a writer who lives in Raleigh.


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“Sunday”

Art by Ronald Ragland

This is Enon Baptist Church, Oxford, N.C., established in 1875. I was born in Granville County about two miles from this church. The church has been updated some and is still a beautiful building inside and out. When it was built in 1919, a newspaper writer wrote that from a distance it looked like an English castle.

The scene is about 1952, when all of the cars were American, most of the women wore hats and the sky always seemed to be a bright blue on Sunday. The men were mostly tobacco and dairy farmers, and there was a lot of talk and laughter after church.

The man at the front door is Rev. Ronald Hicks, the preacher that baptized me in 1949. The 1946 International pick-up on the far right was my first vehicle, although mine was green. I changed it to red because it seemed that all of the vehicles were green in those days. I bought it at age 16 with tobacco money and the big money I made at A&P, in the building that later became Jones Drug Store.

Signed and numbered prints of “Sunday,” measuring 16-by-20 inches are available on museum-quality paper for \$60 (includes shipping).

Ragland Prints
4215 Jane Lane
Raleigh, NC 27604
(919) 876-8747
beagleart.com

How to identify tree hazards

Recognizing basic hazards in your trees can protect you and others from loss

By Amy Ney

The beauty and variety of trees around us may change with location and season, but the benefits of trees remain constant. They provide shade, reduce home energy costs, increase property values, block noise, prevent erosion, produce oxygen, sequester carbon, filter pollutants from the air and soil, and provide aesthetic benefits to our environment.

But, like most things in our environment, trees also house innate hazards. In June 2010, the dangers of trees made national news when an infant was killed and her mother injured by a falling tree limb outside of New York's Central Park Zoo. Cities across the country took a good look at their tree care programs in hopes that no similar accidents would occur in their locale. But individuals are just as liable for the trees on their property.

A hazard tree is one that is in danger of structural failure *and* is likely to fall on a target. While inspecting a tree, it is important to look at all sides and parts of the tree, from the roots and trunk all the way to the tips of the branches (using binoculars if necessary). Look for possible targets, including power lines, play sets, structures, vehicles, etc. Also keep in mind factors such as the overall health of the tree, tree species (some, including red maple, are more prone to defects than others), and the size and age of the tree.

There are several things to look for in your tree inspection.

- **Dead wood**—including branches or the entire tree—should be removed promptly because it is inflexible in the wind and can fall at any time. Spring ice storms can be very effective at killing the tops of trees, thereby affecting the health of the entire tree.
- **Deep cracks**, cracks connected to another defect, or a cracked branch, are all signs of serious problems.
- **Weak branch unions** (where two branches join) that include bark between the branches signal possible future failure.

- **Interior decay** can be indicated by fungus found on the roots, trunk or branches.
- **Cankers** (localized areas of damaged or missing bark) can be caused by construction, pruning, maintenance (lawnmowers and weed trimmers, especially), or other injury and can lead to decay. Cankers covering over 50 percent of a tree's circumference require swift attention.
- **Root problems** can be evidenced by a lean causing soil mounding, dead wood in the tree crown, unusually small or off-color leaves, or twig or branch dieback. Obvious items to look for include removal of roots for paving or sidewalks, soil compaction due to being driven or parked on, and the raising or lowering of the soil level around the tree.
- **Poor tree architecture** or form resulting in a tree that is misshapen and off balance is also an indicator of poor health.
- **Multiple defects**, especially those on the trunk of the tree or touching one another, signify severe hazard.

Methods for correcting hazard tree problems consist of regular monitoring and maintenance, moving the target, pruning the tree, and removing the tree. The first, and most important method, is regular monitoring via visual inspection and maintenance, including pruning correctly and while the tree is young, watering, mulching and even fertilizing, if necessary. An ounce of prevention is truly worth a pound of cure! Once you determine a tree is hazardous, the simplest step is to move the target such as a landscape feature,



A weak union and canker on a red maple could pose problems for this branch.

picnic table or vehicle. If the target is a power line or structure that cannot be moved, it is time to have the tree professionally pruned (not topped or tipped) to remove defective branches. If none of the above methods is viable, the last option is to remove the tree. If possible, plant a native species in a wise location to replace the tree that was removed.

Trees with a severe hazard or those with branches too large to prune with a small saw should be inspected and maintained by an ISA-certified arborist. A trained arborist should never perform topping (removal of a tree's branches to reduce height) or tipping (shortening a tree's branches to reduce width), as both practices are harmful to a tree and can lead to future decay and death.

"How to Prune Trees" is an excellent USDA publication on pruning. Download it for free at publications.usda.gov/USAPubs.php?PubID=1299. For more information about proper tree maintenance and to find a certified arborist, visit treesaregood.com.

Amy Ney is a freelance writer with a professional background in private land management. She is a member of Haywood EMC.

Keeping it comfy

Covering your pool reduces heat loss and your power bill

By Michael Kahn

“Everybody into the pool!” rings as a time-honored rallying cry. But when it’s time for everyone to get out, the pool ought to be covered—especially if it’s heated.

That’s the advice from the Cooperative Research Network (CRN), the research arm of the National Rural Electric Cooperative Association. CRN and its strategic partner E Source have been looking at ways that homeowners, swim clubs, and other pool operators can reduce heat loss.

About 70 percent of the heat lost from pools—both indoors and outdoors—results from evaporation. “You experience evaporation both from the sun and from the wind,” explains Brian Sloboda, CRN senior program manager. “People tend not to realize that wind causes water evaporation—a lot of it.”

He adds: “You end up replacing lost water with tap water, which is going to be colder. So you have to reheat it, which increases your electric bills.” So, to save energy, cover a heated pool when it’s not in use. If it’s not heated, you’ll keep its water warmer by covering it.

Longer swimming season

By the way, you also extend your

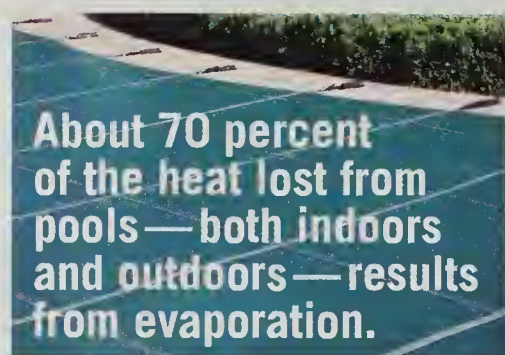


swimming season by a month or more by adding a cover, especially in warmer climates. In much of North Carolina, that can mean enjoying your pool until late fall.

Choosing a cover


Of course, pool size and shape factor into choosing the right cover. The most expensive pool covers are incorporated into the pool structure and can come with an automatic retraction and storage system. Manual covers may be cheaper, but removing them can be a dirty job. You can also choose solar covers resembling bubble wrap. All three have liability issues that need to be addressed.

“If you don’t want to use a physical cover, opt for a chemical cover,” Sloboda offers. “You essentially create a layer of fatty oil on top of your pool. When the water is calm the oil floats to the surface to provide a barrier. While swimmers won’t notice it, it’s not 100 percent effective because when people

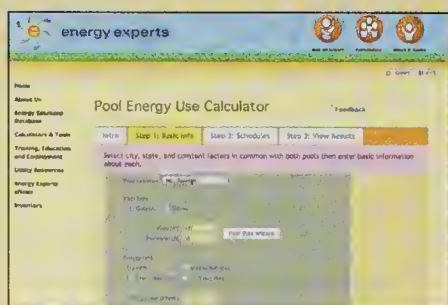


are swimming or if the wind blows hard pool water mixes with the oil.”

CRN and E Source looked at the cost of heating outdoor pools in several U.S. cities and found that it costs \$168 to heat a covered pool in Phoenix, for example, over a seven-month season. Without a cover, the price tag skyrockets to \$1,776—more than 10 times higher.

For more ways to save energy, visit EnergySavers.gov or TogetherWeSave.com. 

Michael Kahn writes for ECT.coop, a news site that covers the electric cooperative industry and is published by the National Rural Electric Cooperative Association.



For North Carolina locations

The website energyexperts.org has an online calculator on which you can enter one of these North Carolina locations—Asheville, Charlotte, Greensboro, Raleigh and Cape Hatteras—to compare energy savings on factors such as refill water temperature and heating schedules for your pool. Click on Calculators & Tools on the site.

Get the kids outdoors

Children who play outside are in better shape, more creative, less aggressive and show better concentration than those who don't

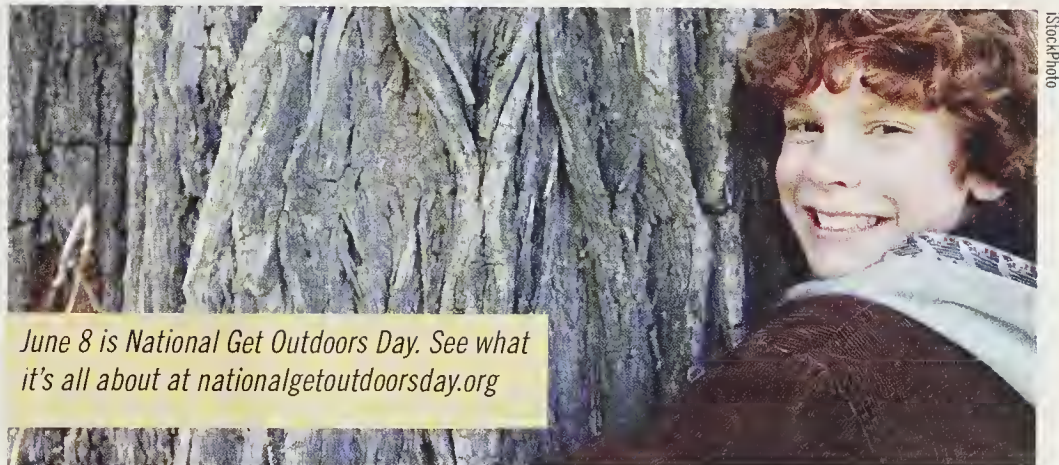
Getting kids away from computer and TV screens and outside into the fresh air is an increasing challenge for parents everywhere. Researchers have found that U.S. children today spend about half as much time outdoors as their counterparts did 20 years ago. The Kaiser Family Foundation reports that kids aged 8 to 18 spend on average more than seven and a half hours a day—or some 53-plus hours per week—engaging with so-called entertainment media. Meanwhile, the Children & Nature Network (C&NN), a non-profit founded by writers and educators concerned about “nature deficit disorder,” finds that, in a typical week, only six percent of American kids aged 9 to 13 plays outside on their own.

According to Richard Louv, a founding board member of C&NN and author of the book, “Last Child in the Woods,” kids who stay inside too much can suffer from “nature deficit disorder” which can contribute to a range of behavioral problems including attention disorders, depression and declining creativity as well as physical problems like obesity. Louv blames parental paranoia about potential dangers lurking outdoors and restricted access to natural areas—combined with the lure of video games, websites and TV.

How to get them out

Of course, one of the keys to getting kids to appreciate nature is for parents to lead by example by getting off the couch and into the outdoors themselves. Since kids love being with their parents, why not take the fun outside?

- For those kids who need a little extra prodding beyond following a parent's good example, the National Wildlife Federation (NWF), a leading national non-profit dedicated to



June 8 is National Get Outdoors Day. See what it's all about at nationalgetoutdoorsday.org

preserving and appreciating wildlife, offers lots of suggestions and other resources through its Be Out There campaign.

- One tip is to pack an “explorer's kit” —complete with a magnifying glass, binoculars, containers for collecting, field guides, a notebook, bug repellent and band-aids—into a backpack and leave it by the door to facilitate spontaneous outdoor adventures. Another idea is to set aside one hour each day as “green hour,” during which kids go outside exploring, discovering and learning about the natural world.
- NWF's online Activity Finder helps parents discover fun outdoor activities segmented by age. Examples include going on a Conifer Quest and making a board displaying the different types of evergreen trees in the neighborhood, turning an old

soda bottle into a terrarium and building a wildlife brush shelter.

- Another great source of inspiration is C&NN, which encourages people of all ages to spend more time outdoors at various family-friendly events as part of its nationwide Let's Get Outside initiative. Visitors to the C&NN website can scroll through dozens of events within driving distance of most Americans—and anyone can register an appropriate event there as well.

Researchers have found that children who play outside more are in better shape, more creative, less aggressive and show better concentration than their couch potato counterparts—and that the most direct route to environmental awareness for adults is participating in wild nature activities as kids. So do yourself and your kid(s) a favor, and take a hike! 🌲

Resources

Richard Louv, richardlouv.com

NWF Be Out There

nwf.org/Be-Out-There.aspx

C&NN, childrenandnature.org

E - The Environmental Magazine
emagazine.com

Lower humidity to lower your electric bill

Reducing moisture improves comfort and allows higher temp setting

By Jim Dulley

High indoor humidity levels in hot summer months can make people uncomfortable. Damp, cool indoor air creates a muggy atmosphere that often feels much worse than warmer humid air from open windows. This is particularly true for allergy sufferers, because many allergens thrive in damp conditions.

Excessively humid indoor air also can drive up air-conditioning costs. People will set the thermostat lower to compensate for the high humidity and discomfort. However, each degree you lower the thermostat setting increases your electric bill.

To fight this problem, first try to reduce the humidity you're already producing. The kitchen and bathrooms are the greatest contributors to high humidity levels. Make sure your stove's exhaust hood is ducted outside, not into the attic—recirculating stove hoods are ineffective at controlling odor and moisture—and run the fan when cooking, especially while boiling water. Also consider using small countertop cooking appliances outdoors on a patio or deck.

Run the bathroom vent fan whenever showering or bathing. Don't turn it off as soon as you are done because there is still much residual moisture in the air. Some of the new, quiet bathroom vent fans have humidity level sensors to run long enough to exhaust the moisture, but not too long to waste electricity. You can also try a simple countdown timer as the wall switch—set it for 30 minutes, and the fan turns itself off.

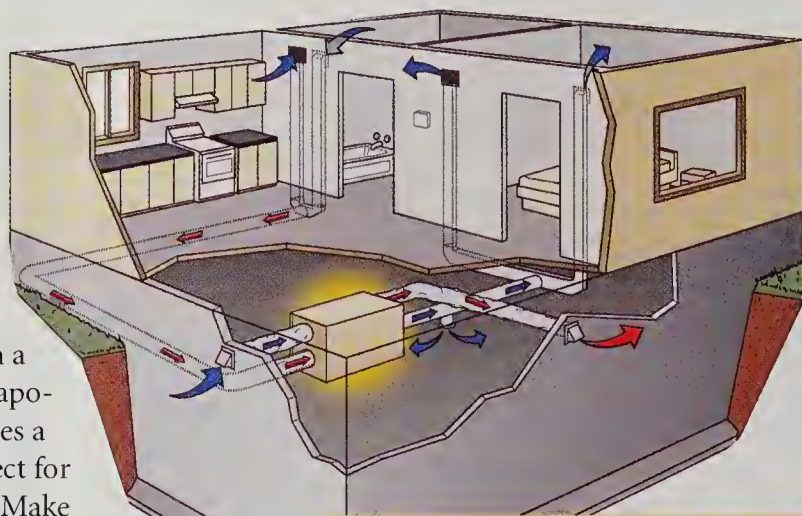
If you can get the indoor humidity

If you don't want to upgrade to a new, efficient air conditioner, a contractor may be able to change some settings to slow the blower motor on your current unit.

level low enough, it often is possible to get by with a higher thermostat setting and ceiling fans. The air movement from a fan increases evaporation and creates a "wind chill" effect for added comfort. Make sure the ceiling fan rotates to blow the air downward during summer and upward on low speed during winter.

Proper sizing of a central air-conditioning system is critical for low humidity and comfortably cool indoor air. Over the years, you may have made energy efficiency improvements to your house such as more insulation and new windows or doors. With these improvements, the cooling requirements for your house may have dropped from, for example, 3.5 tons (12,000 Btuh/ton) to 3.0 tons. A unit that's too large for the space will operate inefficiently and could even cause mold problems because of humidity. A licensed professional should size your central air-conditioning system using a mathematical code or an automatic computer program.

If you plan to install a new high-efficiency air conditioner or heat pump and humidity is an issue for your family, consider a two-stage or variable-output model with a variable-speed blower motor. With the matching smart thermostat, these models are designed for efficiency and humidity control. You can set both the desired temperature and humidity settings. The air




This is a fully ducted fresh-air heat-recovery ventilation system. Notice the fresh-air outlets are in many of the rooms.

conditioner will run as normal to cool the air to the desired temperature. Once that temperature is met, the blower speed slows down to provide more dehumidification and less cooling.

Installing a whole-house ERV (energy recovering ventilation) system is an efficient way to exhaust stale, humid indoor air and bring in fresh outdoor air. Both heat and humidity are exchanged in the system to minimize energy loss. These systems are often controlled by a humidity sensor.

If you don't want to upgrade to a new, efficient air conditioner, a contractor may be able to change some settings to slow the blower motor on your current unit. This will dehumidify more but will likely reduce its efficiency somewhat. If the lower humidity level allows you to set the thermostat higher and still be comfortable, you should save electricity overall.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit dulley.com. 

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 10 with your name, address and the name of your electric cooperative.

Online: www.carolinacountry.com

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our July issue, will receive \$25. To see the answer before you get your July magazine, go to "Where Is This?" on our website www.carolinacountry.com



May winner

More than 120 people recognized the May picture, many of them Tideland EMC members. The picture sent in by Donna Respass Burbage shows what some called the Tankard church on Yeatesville Rd. (where Bishop Rd. intersects), Tideland EMC territory in Bath, Beaufort County. Sylvia Sellers of Smithfield, who goes to the Pamlico River weekends, told us she has a picture of this church as the screensaver on her cell phone. Ike Baldree of Bath said Jane and Gene Grant moved the building here from Hwy. 264, restored it, and put in an organ Mr. Grant found in Florida. The winning entry, chosen at random from all correct submissions, was from Leigh Swain of Bath, a member of Tideland EMC.

A D V E R T I S E M E N T

Clogged, Backed—up Septic System...Can anything Restore It?

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.



My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly ~ Greensboro, NC

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at www.septicleanse.com or you can order or learn more by calling toll free at 1-888-899-8345. If you use the promo code "DARNC3", you can get a free shock treatment, added to your order, which normally costs \$169. So, make sure you use that code when you call or buy online.

Remember...

Locked in the trunk

Even though I was only 4 years old, memories of June 1959 are etched in my mind. Alesa was curled up sleeping on a mat in the kitchen while Mama Betty washed clothes in the wringer washer and hung them on the clothes line outside. Lois, Horace and I were running around the yard looking for Junebugs. Horace just happened to have a key in his pocket. The next thing I knew, he was opening the trunk of the late model Pontiac, and I was crawling in. The lid closed. It was dark and hot, and before long I was soaked from my head to my toes. To this day, we don't know what happened to the key.

We lived so far out in the country and had no telephone and only one car. But Daddy had another key in his pocket. He was working at the sawmill with his brother Bill five miles up the highway. Mama knew I would suffocate if she didn't get help, so she went running up the road. A neighbor picked her up and took her to my uncle's.

When the trunk lid finally opened, there stood my daddy with his arms reaching in for me.

Phyllis Boyd Edwards, Union Mills, Rutherford EMC

Pappy and Mammy would rear together nine children.

Hardworking country folk

Herbert and Mary Ann Reynolds were my great-grandparents. They were known in the family as Pappy and Mammy. Both were born in the 1890s, and they were hardworking people.

Pappy had his own sawmill business during the week. On Saturdays, Pappy had another business: grinding corn for locals in the area. He had a workshop set up at his home, and customers would visit him there. They would arrive on horseback with a sack of shelled corn. My mother remembers long lines. The corn was ground into cornmeal. Pappy charged a quarter for every 50 pounds. He also had a lot of cattle and spent evenings working on his farm.

Mammy was a homemaker. She sewed new clothes and beautiful quilts. She also planted vegetable gardens, canned and cooked on a wood stove. She cooked fried chicken, green beans, pickled corn, boiled cabbage, fried potatoes, apple pies, blackberry cobblers, baked apple butter cakes and more.

Rana Williams, Hayesville, Blue Ridge Mountain EMC



This water once powered a Glencoe Cotton Mill.

SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: iremember@carolinacountry.com
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Water power

When I was a little girl, my great-grandmother would tell me stories about how she used to walk to work and work all day in the old mill. These mills were powered by water. So now that I'm an adult I take my kids around to visit these old mills, and we look at the old buildings. What impresses them the most is that the mills once were powered by the water that flows nearby. This dam and water once supplied Glencoe Cotton Mill in Burlington and was one of the last mills built to harness water power. It was the fifth mill in the state of North Carolina, and to most it was the first major cotton mill.

Camela Bonhams, Liberty, Randolph EMC

Uncle Sammy's Buick

My great-uncle Sammy was like a father to me. He often gave me dimes just to hear me thank him six times (big money to a kid). He would buy me clothes for school. And one Christmas morning Santa left me a new bicycle.

Sammy was a bachelor. He lived with two maiden sisters who kept house for the three of them. He worked just one day in his life—as a clerk in a dry goods store. At day's end, the sisters thought he looked so tired that they offered to pay him if he would stay home and rest. He accepted.

Each afternoon at 5:30 he would turn on WBT to hear "The Briarhoppers." I would watch him sit by the radio, tapping his foot to the beat of bluegrass music as he smoked a Camel down to his fingertips.

Sammy owned a 1926 Buick. He drove it for 13 years, often taking me on calls to tenant farms he oversaw. The vehicle began to look pretty drab. He took some teasing about the car on daily visits to the local fire station. Friends there made him a deal: They would paint the car, but in seclusion and only if they could choose the color. Sammy agreed. I watched those firemen paint the body shocking pink, the fenders mint green and the wheels silver. When they unveiled it, Sammy thanked them and proudly drove it home. Neither embarrassed nor ashamed, Sammy appreciated his new colors and drove the car for another year until he was persuaded to trade it in for a softer look.

Charles Clement Hargrave, Lexington, EnergyUnited

The John Deere is a 1948-49 model.



The old John Deere

J.D. Hatley and I were married in 1949. He and his father, Ida Gaston Hatley, purchased this tractor in 1950. Our children—David, Glenn and Mary Ann—grew up loving the tractor. Pictured here is our son Glenn and his grandson Silas Almond plowing Granny's garden. The tractor is older than Silas, his mama, his Paw Paw, uncles and aunts, but it isn't as old as Granny.

Doris W. "Granny" Hatley, Locust, Union Power Cooperative

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Getting To Know... Damon Meekins Gray Jr.

Known For: Bettering Hatteras Village

About: Born in Hatteras in 1924, this World War II veteran served under Gen. George S. Patton. Damon Gray received five bronze stars and was in the famous "Battle of the Bulge" in France, for which he received a silver star citation from the French Legion of Honor. Upon his return home, Gray worked at the U.S. Weather Bureau Station for 36 years, earning a national service citation. The threat of storms to the vulnerable Outer Banks village meant folks near and far greatly depended on his communications. He put up weather flags daily, and lit them at night to alert and update appreciative fishermen and villagers. A volunteer fireman for 45 years, Gray helped initiate a weekly fish fry to benefit the fire department and also put up the community's annual Christmas tree for 55 years. He has been recognized by his church and by the Hatteras Village Civic Association for service and devotion, and was awarded the Order



of the Long Leaf Pine in December 2012. Gray and his wife, Nola, live in Hatteras Village.

Original Weather Bureau Station: It's now a welcome center in Hatteras. The structure dates back to 1901, when it was one of only 11 official Weather Bureau buildings in the U.S. (252) 986-2203 or outerbanks.org.

BTW: The fish fry still goes on! It will take place 5–7 p.m. Saturdays, May 29–Sept. 4, at Hatteras fire station. (Go early to avoid sellout.)



Do You Know ...

... that Fontana Dam in western North Carolina is the tallest dam in the eastern U.S.? This hydroelectric dam in Swain and Graham counties is 480 feet tall. The Tennessee Valley Authority built it in the 1940s to meet growing electricity demands, and it provided critical energy for aluminum production in the last months of World War II. The Fontana Dam Visitor Center, near Fontana Village, is open 9 a.m.–6 p.m. daily May through October (except major holidays). Visitors there can watch the dam's water being released after it generates electricity, and see interesting maps, videos and displays. tva.com

tar heel lessons

a guide to NC for teachers and students



Fun museum trip!

Ever fed a live horseshoe crab? Know how a sea star eats? At the Museum of Coastal Carolina at Ocean Isle Beach, you can walk through the largest dry aquarium in the Southeast, see a video of sea turtles nesting, enjoy wildlife dioramas and feel sea urchins in the Touch Tank. The museum's new fossil exhibit features Herman the Sperm Whale, and its new art gallery opens Thursday, June 13. Summer programs (all Tuesdays)

include Carolina Pirates (June 4), Dolphins of NC (June 18), A Titanic Survivor Tells Her Story (July 23), Raptors (July 30), and Sharks! (Aug. 13). For more about the museum or its sister planetarium in Sunset Beach: (910) 579-1016 or MuseumPlanetarium.org



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IN THE EARLY 1800S, Felix Walker, a congressman accused of speaking drivel, replied that he was speaking to his constituents in Buncombe County, N.C. Soon his colleagues began referring to any political bombast as "speaking to Buncombe."

Soon the phrase was abbreviated to "bunkum," and later to "bunk," followed by "debunk" and "hokum" (a blend of "hocus" and "bunkum").

Felix Walker has been long forgotten, but he inspired half a page of dictionary entries.

—Thanks to Bill Bryson, author of "The Mother Tongue: English and How It Got That Way."



MATCHBOXES

Commercial fishermen earn ...

Each letter in these multiplication problems stands for a digit. Use the code key below to create the problems. Solve them and write your answers in the box tops. Then match boxes to find hidden words in your answers.

$$\begin{array}{r} 2 \\ \times TSN \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ \times O \\ \hline \end{array}$$

$$\begin{array}{r} 4 \\ \times OFFERUS \\ \hline \end{array}$$

$$\begin{array}{r} 2 \\ \times T \\ \hline \end{array}$$

Code Key: 0 1 2 3 4 5 6 7 8 9
S I T E O R U F N P

UNSCRAMBLIT

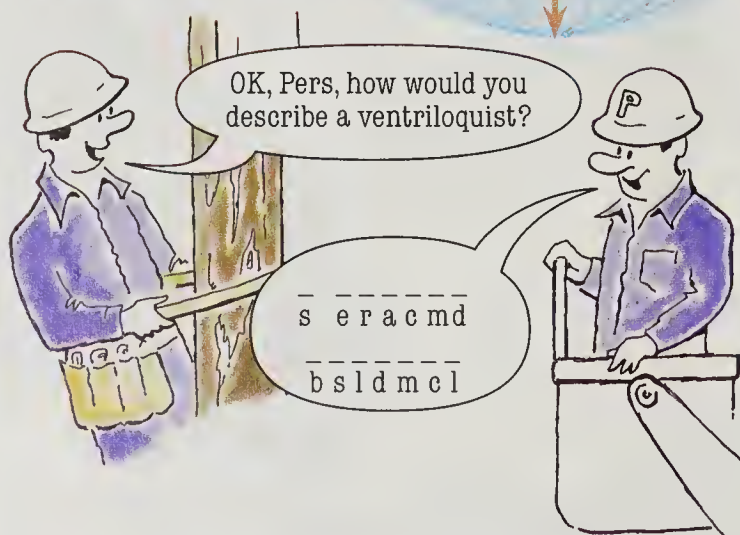
DAFFYNITION:

cold comfort: anesneeziology

_____ is the seat
of _____ County

Use the capital letters in the code key below to fill in the blanks above.
W V A N E C B R means
s c r a m b l e

PERCY P. CASSIDY POLES APART



Use the capital letters in the code key below to fill in the blanks above.

A E I L N P R S T means
s c r a m b l e d

Mighty Like A Rose?

"Sweetest little fellow, everybody knows, don't know what to call him but he's mighty like a rose."
— traditional lullaby

Saddest little fellow, everybody knows, don't know what to call him but he's mighty lachrymose.
— the pun gent



For answers, please see page 29

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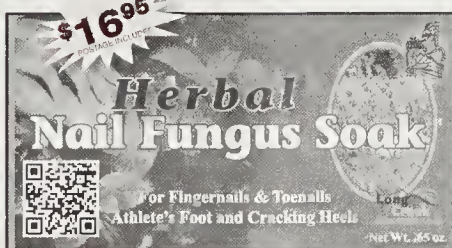
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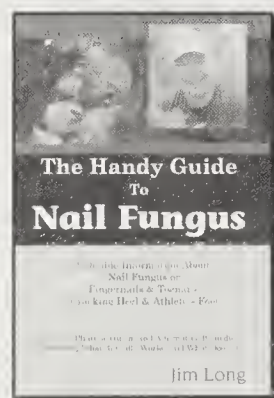
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June Events



Singing On The Mountain, a free, all-day celebration of gospel music and fellowship, will be held in MacRae Meadows in Linville on Sunday, June 23. Camping (no hookups) available. (800) 468-7325 or grandfather.com

Lure Of The Dragons

Boat race, festival
June 15, Lake Lure
(828) 287-6113
lureofthedragons.org

Movie On The Meadows

June 15, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Bear W. Daylily Farm Festival

June 15, Morganton
(828) 584-3699
bearwdaylilyfarm.com

Lavender Festival

June 15-16, Burnsville
(828) 675-4856
mountainfarm.net

Searching For Eden

The Diaries Of Adam & Eve
June 15-23, Blowing Rock
(828) 414-1844
ensemblestage.com

National Fudge Day

June 16, Linville
(800) 468-7325
grandfather.com

Little/Middle Folk School

Hands-on arts and crafts
June 16-22, Brasstown
(828) 837-2775
folkschool.org

Rummage Sale

June 21-22, Boone
(828) 264-7865
wataugahumanesociety.org

Dora The Explorer & Diego

June 21-23, Blowing Rock
(919) 277-1160
tweetsie.com

Friday Night Concerts

June 21 & 28, Hayesville
(828) 389-3704
cccra.net

Great American Backyard Campout

June 22, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Arts & Crafts Show

June 22-23, Waynesville
(828) 648-0500
bracaorg.com

Singing On The Mountain

June 23, Linville
(800) 468-7325
grandfather.com

Mountains

NC Gold Festival

May 31-June 1, Old Fort
(828) 442-5798
ncgold.org

Nature Photography Weekend

May 31-June 2, Linville
(800) 468-7325
grandfather.com

Spring Farm Fest

Antique tractors, engines,
"parade of power"
May 31-June 1, Maggie Valley
(828) 593-8327
olesmokytractorclub.com

Family Wellness Day

June 1, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Annual CarBQue

June 1, Hayesville
(828) 361-4417
carbque.us

Art & Craft Show

June 1-2, Highlands
(828) 526-9227
cystrainphotos.com

Liver Mush Festival

June 7, Marion
(828) 652-2215

Gallery Crawl

June 7, West Jefferson
(336) 846-2787
ashcountyarts.org

Toe River Spring Studio Tour

June 7-9, Mitchell & Yancey counties
(828) 682-7215
toeriverarts.org

Gala Benefit & Auction

June 8, Brasstown
(828) 837-2775
folkschool.org

Singer-Guitarist Delbert McClinton

June 8, Spindale
(828) 286-9990
foundationshows.org

High Country Horticultural Symposium

June 8, Boone
(828) 262-3045
conferences-camps.appstate.edu

Wild Edibles Workshop

June 8, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Outdoor Room & Garden Tour

June 8-9, Statesville
(704) 437-2772

Animal Birthday Party

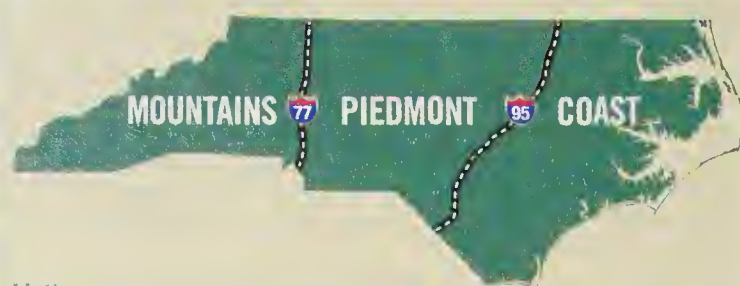
June 12, Linville
(800) 468-7325
grandfather.com

Friday After Five

Sounds of The Catalinas
June 14, Statesville
(704) 878-3436
downtownstatesvillenc.org

Blue Ridge BBQ & Music Festival

June 14-15, Tryon
(828) 777-8900
blueridgebbqfestival.com



Listing

Deadlines:

For Aug.: June 25

For Sept.: July 25

Submit Listings Online:

Visit www.carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Guided Walk: Summer Birding

June 23, Chimney Rock State Park
(800) 277-9611
chimneyrockpark.com

Friday After Five

Sounds of Gruv Dawgs
June 28, Statesville
(704) 878-3436
downtownstatesvillenc.org

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Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Guided House Tours

Wednesday–Saturdays, Marion
(828) 724-4948
historicarsonhouse.com

Bluegrass Music Jam

Thursdays, Marion
(828) 652-2215

Hot Nights, Hot Cars

Cars & beach band
First Saturdays, Pilot Mountain
(336) 368-2541
hotnightshotcars.com

Quilt Art

By The Shady Ladies
Through June 2, Waynesville
(828) 456-8885
lakelogan.org

Day Out With Thomas

Through June 9, Blowing Rock
(919) 277-1160
tweetsie.com

Cruise In

Second Saturdays
Through Sept. 14, Dobson
(336) 648-2309
Facebook–Dobson Cruise In

Live Bluegrass Series

Friday nights
Through Dec. 26, Union Mills
(828) 748-7956
unionmillslearningcenter.org

Hickory Ridge Living History Museum

Through Oct. 26, Boone
(828) 264-2120
hickoryridgemuseum.com

Rhododendron Ramble

Special programs, walks
June 1–16, Linville
(800) 468-7325
grandfather.com

Outdoor Drama

Horn In The West
June 28–Aug. 17, Boone
(828) 264-2120
horninthewest.com

Piedmont**USMC Mud Run**

June 1, Pinnacle
(336) 769-6893
usmcmudrunnc.com

Blues 'n Brews

June 1, Fayetteville
(910) 323-4234
www.cfrt.org/bluesnbrews.php

Spring Art Fest

June 1, Lewisville
(336) 945-3287

Carz for Kidz

June 1, Fayetteville
(910) 728-5372
newlifehopemills.com

N.C. Championship Plowing Contest

June 1, Linden
(919) 820-4067
ncworkhorseandmulesassociation.org

Missions Ride & Biker Day

June 1, Monroe
(704) 753-1084
whatasavior.com

Pops In The Park

June 1, Dallas
(704) 853-2787

Garden Tour

June 1, Wallburg
(336) 687-0905

Lakeland Singers Concert

June 1, Littleton
(252) 586-3124
lakelandtheatrenc.org

Trash or Treasure?

Experts evaluate items
June 1, Cornelius
(704) 896-2460
cornelius.org/ToT

Oldies, Rock & Blues Music

June 7, Hope Mills
(910) 426-4109
visitfayettevillenc.com

Singles Party

June 8, Cornelius
(704) 500-9305

Father Daughter Dinner & Dance

June 8, Hope Mills
(910) 426-4109
visitfayettevillenc.com

The Last Magic Show

June 9, Yadkinville
(336) 679-2941
yadkinarts.org



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Registration 6:00 am - 7:00 am – Race starts at 7:15 am

Car Show – 8:00 am - 3:00 pm – 636 Prospect Road

Parade – 10:00 am – 636 Prospect Road

AISES Pow-wow – 12:00 noon – UNCP Quad

Outdoor Gospel Concert – 6:00 pm - 9:00 pm – LRDA Office Complex

Lumbee Fireworks Sky Show – 9:00 pm – LRDA Office Complex



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WWE Live

June 9, Fayetteville
(910) 438-4100
visitfayettevillenc.com

Preschool Pals

Cape Fear Museum
June 11, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Alive After Five

June 13 & 27, Lumberton
(910) 671-3876
cl.lumberton.nc.us

Coconut Groove Band

Tropical rock
June 14, Fayetteville
(910) 486-0221
capefearbg.org

Friday Night Live

With Coming Up Brass
June 14, Belmont
(704) 829-7711

301 Endless Yard Sale

30-mile stretch, Kenly to Benson
June 14-15
(919) 989-8687
301endlessyardsale.com

David Holt Concert

With Will McIntyre
June 15, Yadkinville
(336) 679-2941
yadkinarts.org

Music Park Concert

June 15, Albemarle
(980) 581-1931
littlecreekmusicpark.com

Cool Cars & Rods Cruise-In

June 15, Mount Airy
(336) 786-4511
mountairydowntown.org

Movie Night: Madagascar 3

June 15, Fort Bragg
(910) 396-5979
fortbraggmwr.com

Glen Hansard Concert

June 15, Raleigh
(919) 664-6795
ncartmuseum.org

Oldies, Rock & Blues Music

June 21, Hope Mills
(910) 426-4109
visitfayettevillenc.com

Fayetteville After Five

June 21, Fayetteville
(910) 323-1934
faydogwoodfestival.com

Local Author Showcase

June 28, Fayetteville
(910) 483-7727
cumberland.lib.nc.us

Voltage Brothers Concert

Friday Night Live series
June 28, Belmont
(704) 829-7711

Spring Concert Series

Fearing Fantasy — rhythm
& blues music
June 28, Fayetteville
(910) 486-0221
capefearbg.org/event_public.php

**Red, White & Belmont
With Fireworks**

June 28-30, Belmont
(704) 825-5586
cityofbelmont.org

Indigo Girls Concert

June 29, Raleigh
(919) 664-6795
ncartmuseum.org

Alice in Wonderland

June 29-30, Fayetteville
(910) 678-7186
gilberttheater.com

ONGOING**Outdoor Films**

N.C. Museum of Art
Fridays & Saturdays, Raleigh
(919) 664-6795
ncartmuseum.org

Maness Pottery & Music Barn

Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
liveatclydes.com

Durham Civil War Roundtable

Third Thursdays, Durham
(919) 643-0466

Art After Hours

Second Fridays, Wake Forest
(919) 570-0765
sunflowerstudiowf.com

Betty Lynn (Thelma Lou)

Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
visitmayberry.com

Arts Council's Fourth Friday

Fayetteville
(910) 483-5311
theartsCouncil.com

Vietnam Traveling Wall

Through June 2, Eden
(336) 623-9481

Inside & Out

By artists of Studio One
Through June 8, Wilson
(252) 291-4329

Race Riot of 1898

Through June 16, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

A Photo Finish

Juried art exhibition
Through June 22, Fayetteville
(910) 323-1776
theartsCouncil.com

Art In Clay

Through Sept. 1, Raleigh
(919) 807-7900
ncmuseumofhistory.org

Granville County Museums

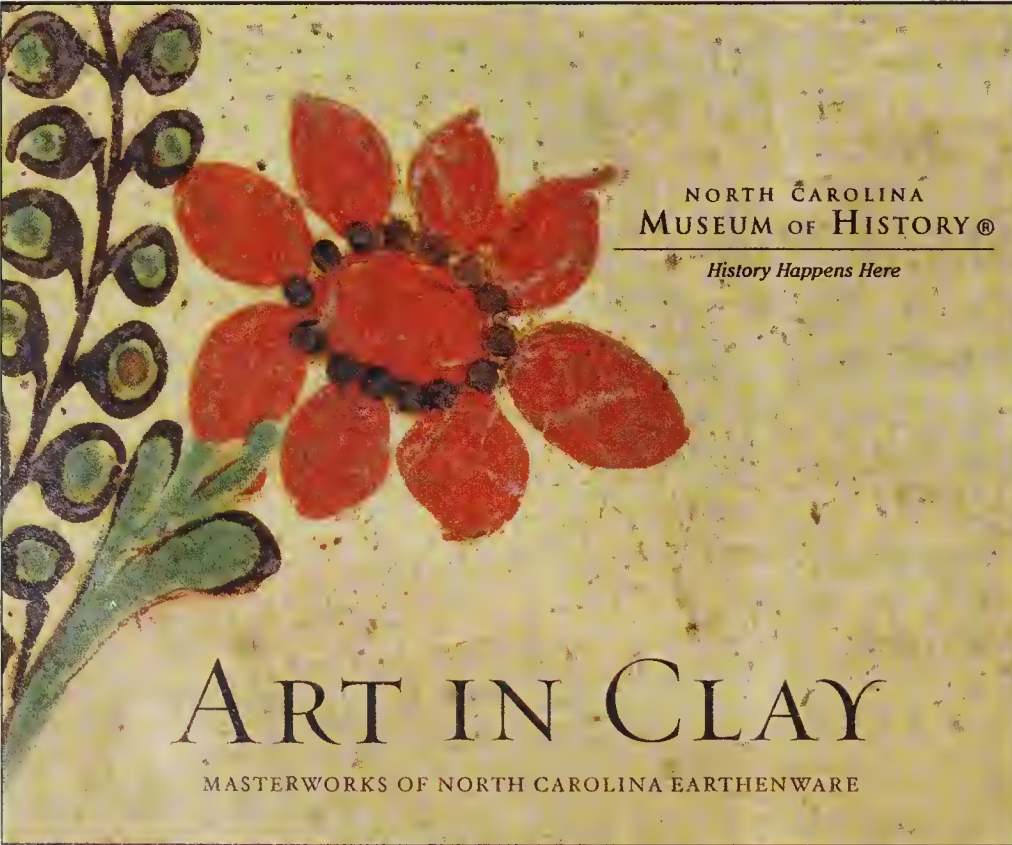
Rotating exhibits
Through Oct. 31, Oxford
(919) 693-9706
granvillemuseumnc.org

Centennial Exhibit

Terry Sanford High School
Through Nov. 30, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Bluegrass Music

Saturday nights through Dec. 31, Mt. Gilead
(910) 220-6426
mgmusicbarn.com



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N.C. Department of Cultural Resources, ncdcr.gov

Art in Clay is sponsored by Old Salem Museums & Gardens, the Chipstone Foundation and the Caxambas Foundation.
Additional support provided by The Marion Stedman Covington Foundation and Mr. and Mrs. W. Trent Ragland Jr.



The 2012-2013 Ambassadors from the annual Miss Lumbee pageant. This year's Lumbee Homecoming is June 29-July 6 in Pembroke. (910) 521-8602 or lumbee.org

Mammal Safari
Through Dec. 31, Gastonia
(704) 866-6908
schielemuseum.org

Cumberland County Goes to War
Civil War exhibit
Through Dec. 31, Fayetteville
(910) 433-1457
fcpr.us/transportation_museum.aspx

Groucho: A Life in Review
Through June 16, Fayetteville
(910) 678-7186
gilberttheater.com

Whimsical Nature
Jewelry, fiber art, photography & sculpture
Through June 23, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Photography Of Melanie Schiff
Through Sept. 1, Raleigh
(919) 513-0946
camraleigh.org

Yadkin River Wine Trail Mini-Festivals
June 2-Oct. 6, Boonville
(336) 367-6000
yadkinriverwinetrail.com

Speaking in Species – A NC Perspective
Art exhibit
June 14-Aug 18, Greensboro
(336) 333-7460
greenhillcenter.org

Seagulls
Anton Chekhov play
June 19-23, Fayetteville
(910) 916-0281
sweetteashakespeare.tumblr.com

Presentment
22 artists
June 24-July 21, Hillsborough
(919) 732-5001
hillsboroughgallery.com

Lumbee Homecoming
Celebration of tribal history
June 29-July 6, Pembroke
(910) 521-8602
lumbee.org

Coast

Ammon Blueberry Festival
June 1, Ammon
(910) 588-4938

Triple S Invitational
June 1-7, Buxton
(877) 629-4386
outerbanks.org

Tar River Community Band
June 2, Greenville
(252) 329-4567
www.grpd.info

Nature Trek With A Ranger
June 4, Swansboro
(910) 326-2600

North Carolina Symphony
Pops on the Common
June 6, Tarboro
(252) 823-6474

Kids Night In—Parents Night Out
June 7, Swansboro
(910) 326-2600

Kayak For The Warriors
Paddling, racing fundraiser
June 7-8, Pine Knoll Shores
(252) 808-2998
kayakforthewarriors.org

Antique Farm & Heritage Draft Show
June 7-8, Edenton
(252) 333-9723

Rogallo Kite Festival
June 8-9, Manteo
(877) 629-4386
outerbanks.org

The Emerald City Big Band
June 9, Greenville
(252) 329-4567
grpd.info

Free Bluegrass Concert
June 12, Goldsboro
(919) 344-8567
travishamofficial.webs.com

Broadway For Kids
June 13-15, Manteo
(252) 475-1500
roanokeisland.com

Zydeco Concert: Unknown Tongues
June 14, Fort Macon
(252) 393-7313

NC Blueberry Festival
June 15, Burgaw
(910) 663-1812
ncblueberryfestival.com

Storm The Beach
June 15-16, Kill Devil Hills
(877) 629-4386
outerbanks.org

Pitt Community Symphony Orchestra
June 16, Greenville
(252) 329-4567
grpd.info

Under the Oaks Art Festival
June 19-20, Corolla
(252) 453-9040
whaleheadclub.com

Pamlico Amateur Radio Meeting
June 20, Washington
(252) 945-8220
k4bch.com

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Boz Scaggs **JULY 20**

Eastern Festival Orchestra: André Wolffs, piano and

Julion Schwarz, cello **JULY 21**

Carolino Ballet: A Bolochine Celebration featuring Rubies **JULY 25**

27th Rosen Outdoor Sculpture Walk **JULY 27**

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The N.C. Department of Cultural Resources is again offering great family summer escapes with its signature 2nd Saturdays program on June 8, July 13 and Aug. 10. Seven history museums, two art museums and 27 historic sites in the state will offer a chance to enjoy combinations of music, history, arts, and culture on those dates. Most of the activities are free.

On June 8th, families can learn about uncovering mysteries from the past as Historic Halifax shares its recent archaeological finds from the 1700s. Kids also will get to "dig in" at the site's Montford Archaeology Museum and uncover finds. Or they can learn about interpreting beach discoveries, shell collecting or making jewelry at the Graveyard of the Atlantic Museum in Hatteras or make a fish print at the N.C. Maritime Museum in Beaufort.

Further inland, the Museum of the Cape Fear in Fayetteville will present 2nd Saturdays Arts Fest, offering unique crafts and the chance to weave, dip candles and paint watercolors. (The samples of corn fritters cooked in Poe Kitchen are not to be missed!) Or visit Town Creek Indian Mound in Mt. Gilead to see prehistoric and contemporary methods of fiber manipulation and browse crafts for sale. The Juneteenth observation at Durham's Historic Stagville will celebrate emancipation with crafts, games, food, music and compelling slave narratives.

In the west, try the panning for gold competition at Reed Gold Mine in Cabarrus County, or celebrate 19th-century music at President Polk State Historic Site in Pineville. Or for a more serene undertaking, Mountain Gateway Museum in Old Fort will examine the zen of fly fishing.

For more information, call (919) 807-7389 or visit ncculture.com



Alamance Battleground in Burlington will have music and living history demonstrations on its 2nd Saturdays.



You can buy pretty crafts at the Museum of the Cape Fear's Arts Fest in Fayetteville on 2nd Saturdays.

Art & Wine

June 21, Columbia
(252) 796-2787
pocosinarts.org

Samantha Casey & The Bluegrass Jam

June 21, Fort Macon
(252) 393-7313

Flea Mall Tractor & Truck Pull

June 21-22, Newport
(252) 223-4019
newportflea.com

Swansboro Civil War 150

June 22, Swansboro
(910) 467-5875

S&D Gun & Knife Show

June 22-23, Greenville
(252) 321-7671
ncgunshow.com

N.C. Jazz & Blues Collaborative

June 23, Greenville
(252) 329-4567
grp.info

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The Monitors In Concert

June 30, Greenville
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ONGOING

Wednesday Wine Festival

June 5, 12, 19 & 26, Corolla
(252) 453-9040
whaleheadclub.com

Umbrella Market

Open air vendors market Wednesdays
June 5, 12, 19 & 26, Greenville
(252) 561-8400
www.uptowngreenville.com

Art Walk

First Fridays, Elizabeth City
(252) 335-5330
ecncart.com

Art Walk

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The Derby General Store and Farm Stand

Photography by Ashley Fetner

The community of Derby, near Ellerbe in Richmond County, was named for Roger Derby, a Harvard graduate who came to the Sandhills in 1911 to try his hand at farming. He purchased 2,780 acres of land and established a large farm to raise cattle and crops including peaches, corn, peanuts and cotton.

Interested in farming, business and education, Roger Derby built a school, established the Sand Hill Farmers Association, Sand Hill Board of Trade and made significant contributions toward developing the area.

In 1926, Roger Derby returned to New York, and Herbert R. and Mildred Currie purchased the farm and continued raising peaches and other crops. In 1928 they added Currie's Store that sold feed, seed, groceries, clothes,

hardware, dynamite, chain saws and just about everything anyone locally needed. They even had the first Oliver tractor dealership in the area.

Stepping through the screen doors today, you are transported to a simpler time. Peaches, strawberries, melons and other fresh produce are displayed in baskets, wagons and on counters. Throughout the store you'll see a variety of jellies, jams, ciders, sauces, relishes and an old-fashioned candy counter. Every nook and cranny holds treasures such as vintage clothes, furniture, tools, a decorated Christmas tree and memorabilia handed down through the years to tell the story of this family farm.

The Curries' legacy is Triple L Farms, a fifth generation family

farm. Currie grandsons Jim and Joe Lambeth run it today.

Triple L Farms store and stand are open during the spring and summer months, seven days a week. This year they have a story-telling series: "Know Thyself: From Whence We've Come." So if you are down this way, stop in for a cone of fresh peach ice cream or a grape Nehi and sit a spell. The location is 2205 Derby Rd., Ellerbe, NC 28338. Visit derbystand.com

—Kay Fetner

Kay and Ashley Fetner live in Asheboro and are members of Randolph EMC. ashleyfetnerportraits.com

More Online:

For more Ashley Fetner photos of the Derby General Store, go to carolinacountry.com

Color your world with sun coleus

by L.A. Jackson

“Plants are green.”

How’s that for a safe statement? Houseplants, trees, shrubs, annuals, weeds—they are all green! Of course, there are exceptions, and one of the most colorful is the sun coleus. Scarlet, yellow, red, bronze, pink, copper, orange, salmon, purple—these and more are the simmering hues of the many coleus varieties that enjoy basking in the Carolina sun.

Normally reaching 18 to 36 inches tall, sun coleus selections show off a diverse parade of dazzling foliage color combinations flaunting continuous, sassy shows in the garden through the growing season until autumn.

This coleus loves the sun, but it is not a cactus and will wilt during hot, dry periods in the summer. However, planting in a well-mulched, fertile spot shaded from late afternoon sun will help cut down on the flop factor.

As sun coleus plants mature, many will begin to develop flower spikes. In comparison to their snazzy leaf colors, these small blossoms (normally lavender-blue) are negligible and can even detract from the main show. Pinching them off is a matter of personal taste, but removing the blooms also allows the plants to devote more energy towards additional foliage production.

This fall, you can bet the farm that these tender plants will be nailed by the first frosts. But why give up on them when it gets cold? Coleus can be easily propagated by taking 4 to 6-inch cuttings, removing the lower leaves and placing the sprigs in water. Roots will usually appear within two weeks, and in another week or two, the cuttings can be transferred to pots of growing medium. Placed in a bright window or under grow lights, they can then overwinter indoors until next year’s planting season.



Garden to do's

June

- ▶ Clip spent rhododendron blooms to stop seed formation. This conserves the plant’s energy for next year’s flower show.
- ▶ Watch for leaf galls on azaleas and camellias. Pick off and dispose of any that are found.
- ▶ Are you prepared for Japanese beetles? If you insist on using Japanese beetle traps, place them far, far away from any plants that have become these varmints’ favorite meals.
- ▶ Don’t have time to dead-head spent flowers? Consider growing continuous blooming plants such as alyssum, impatiens, ageratum, salvia, cleome, scabiosa, lobelia and vinca that don’t need constant visits from the “flower police.”

Tip of the Month

For more success with potted plants and hanging baskets this summer, keep three thoughts in mind: (1) Unglazed clay pots leach moisture through their sides, so plants in these types of containers must be watered more often than in other containers; (2) the smaller the pot, the quicker the soil inside dries out; and (3) the more you irrigate, the more nutrients are washed away, so water with a diluted liquid fertilizer at least once a month during the growing season.

- ▶ Pumpkin seeds started by the end of this month outdoors should mature into jack-o-lanterns just in time for the Halloween season.

July

- ▶ Deadhead the spent blooms of daylilies to prevent the plants’ energy from going into seed production.
- ▶ Production from the vegetable garden should be in high gear now, but, to keep even more crops coming, harvest such veggies as okra, cucumbers, squash, beans and indeterminate tomatoes every two to three days.
- ▶ Prune lower leaves on tomato plants to save more energy for fruit production. However, resist cutting off any upper foliage that shields tomatoes from the sun because this natural covering helps prevent sunscald.
- ▶ Going on vacation? Have a neighbor check in on your garden every few days to irrigate if necessary and pick any mature vegetables or spent flowers. Also, ask to keep the bird bath filled with fresh water. 🐦

L.A. Jackson is the former editor of *Carolina Gardener Magazine*. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com



Attracting bees and butterflies to a garden is helpful to all, given that we all depend on beetles, wasps, flies, hummingbirds and others to pollinate the plants that provide us with much of our food, shelter and other necessities.

Any garden, whether a window box on a balcony or a multi-acre backyard, can be friendly to pollinators. Here are some tips from The Xerces Society, a non-profit that protects wildlife through the conservation of invertebrates and their habitat.

- ▶ Provide a range of native flowering plants that bloom throughout the growing season.
- ▶ Cluster flowering plants together in patches.
- ▶ Plant a variety of colors. Blue, purple, violet, white and yellow flowers are attractive to bees. Different shapes also attract different types of pollinators.
- ▶ Avoid pesticides that tend to reduce available nectar and pollen sources in gardens and can poison the insects that make growing plants possible.

Xerces Society's recommendations for the Mid-Atlantic:

Native plants

Aster	Mountain mint
Azalea	New Jersey tea
Basswood	Partridge pea
Beardtongue	Redbud
Beebalm	Serviceberry
Culver's root	Sneezeweed
Goldenrod	Spiderwort
Hawthorn	Sunflower
Hyssop	Tuliptree
Ironweed	Wild plum
Joe-pye weed	Wild rose
Milkweed	Willow

Garden plants

Basil	Lavender
Blazing star	Purple coneflower
Blueberry	Squill
Catmint	Rosemary
Cosmos	Russian sage

Resources
 "Attracting Native Pollinators: Protecting North America's Bees and Butterflies," The Xerces Society. xerces.org
 E-The Environmental Magazine. emagazine.com

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The light brigade

Q: I've been seeing LED light bulbs in the stores lately. They claim they'll save a bunch of money, but will they really? Will they actually last as long as they say? I got burned by buying some CFLs a few years ago that didn't last very long, and I don't want to make the same mistake again.

A: These are excellent questions. Let's first talk about how long light bulbs will last. There's a standard procedure for how long manufacturers can claim their light bulb will last. Basically, they put a bunch of bulbs in sockets and turn them on, let them run for three hours, turn them off, turn them back on for three hours and continue to do that until half the bulbs have burned out. That point—where half the bulbs have burned out and half are still on—is called the average life of the bulbs. That means you can expect half of the bulbs to burn out quicker than that average life number and half to last longer. If you typically have the light on for less than three hours at a time, it will probably not last as long.

LEDs are tested a bit differently since they don't really "burn out." Instead, they get dimmer over time, and the "average life" is when they've dimmed to the point where most people will notice. Yes, that's a bit fuzzy.

The incandescent light bulb most of us grew up with was essentially unchanged for more than 100 years. The companies that made them had vast experience and learned how to have excellent quality control. As a result, these bulbs rarely fail prematurely, and most of the products last close to the average life on the label.

When new products are introduced, they bring new problems, and it often takes a while to work out the bugs in the system. Sometimes, this leads to less than ideal quality control and product failures.

CFLs are a classic example of this. The first ones I purchased in the 1980s cost \$25 each. When I ran the numbers, the combination of much longer life and energy savings convinced me they were a good investment. Most of them lasted at least as long as promised and turned out to be a good value. (Yes, I know, thinking of light bulbs as an investment is a little strange.)

There were some, however, that failed early—very early. Most of those were much cheaper than the name brand bulbs. Clearly, I got what I paid for.

Over time, most CFLs have become very reliable. They last much longer than incandescent bulbs and use a quarter to a third as much electricity, making them a much better investment.

There are still some issues to consider. Does the bulb put out enough light? As I get older, I need more light just to see as well as I used to with less light. Brighter, higher wattage




Most CFLs have become very reliable. They last much longer than incandescent bulbs and use a quarter to a third as much electricity.

CFLs may do the trick, but you need to install one in your lamp or fixture to make sure.

Some folks have problems with the color of some CFLs. Again, buy one to test in your house and see how you feel about it. There are now a lot of different brands on the market, with different qualities. If you try one you don't like, try another brand. You no longer have to take out a loan to buy these things—they've gotten much more affordable in recent years.

LEDs are about where CFLs were a few years ago. We're just starting to see more products on the market. They're still quite expensive, but the prices are coming down. Almost all of the independent testing verifies they should last at least 25 times longer than the old incandescent and use much less electricity than even the CFLs. There are a lot of different products out there, so if you try one and you don't like it, try something else.

Now that we're well into the 21st century, maybe it's time to say thanks and farewell to Mr. Edison's 19th-century light bulb. 

Arnie Katz is the former building science consultant for Advanced Energy in Raleigh. advancedenergy.org

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- 2 medium lemons
- 4 salmon fillets (6 ounces each)

Lemon Dill Sauce

- 1½ teaspoons cornstarch
- ½ cup water
- ⅓ cup lemon juice
- 4 teaspoons butter
- 3 lemon slices, quartered
- 1 tablespoon snipped fresh dill
- ¼ teaspoon salt
- ⅛ teaspoon dried chervil
- Dash cayenne pepper

Trim both ends from each lemon; cut lemons into thick slices. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill salmon and lemon slices, covered, over high heat (or



broil 3–4 inches from the heat) for 3–5 minutes on each side or until the fish flakes easily with a fork and lemons are lightly browned.

For sauce, in a small saucepan, combine the

cornstarch, water and lemon juice; add butter. Cook and stir over medium heat until thickened and bubbly. Remove from the heat; stir in quartered lemon slices and seasonings.

Serve with salmon and grilled lemon slices.

From Your Kitchen

Nutty Buddy Pie

- 1 package (8 ounce) cream cheese
- 1 cup milk
- ¾ cup chunky peanut butter
- 2 cups confectioners' sugar
- 2 cartons (8 ounces each) whipped topping
- 3 chocolate graham crusts
- Chocolate syrup
- Chopped peanuts

Mix together cream cheese and milk until blended; add remainder of ingredients mixing well. Divide pie mixture and pour into the 3 pie crusts. Drizzle each pie with chocolate syrup and sprinkle each pie with chopped peanuts. Freeze. Remove pie from freezer about 15–20 minutes before serving.

This recipe comes from Paula McSwain of Lincolnton, a member of Rutherford EMC.

Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.



Fabulous Fruit Salad

- 1 medium honeydew, peeled, seeded and cubed
- 1 medium cantaloupe, peeled, seeded and cubed
- 2 cups cubed seedless watermelon
- 2 medium peaches, peeled and sliced
- 2 medium nectarines, sliced
- 1 cup seedless red grapes
- 1 cup halved fresh strawberries
- 1 can (11 ounces) mandarin oranges, drained
- 2 medium kiwifruit, peeled, halved and sliced
- 2 medium firm bananas, sliced
- 1 large Granny Smith apple, cubed
- 1 can (12 ounces) frozen lemonade concentrate, thawed
- 1 package (3.4 ounces) instant vanilla pudding

In a large bowl, combine the first nine ingredients. Cover and refrigerate for at least 1 hour.

Just before serving, stir in bananas and apple. Combine lemonade concentrate and dry pudding mix; pour over fruit and toss to coat.

Yield: 20 servings (¾ cup each)



Grilled Sweet Onions

- 4 large sweet onions
- 4 teaspoons beef bouillon granules
- 4 tablespoons butter
- ½ teaspoon dried thyme
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 teaspoons white wine or beef broth, optional

With a sharp knife, carefully remove a 1-inch core from the center of each onion. Cut each onion into four wedges to within a half-inch of root end.

Place each onion on a double thickness of heavy-duty foil (about 12-inches square). Place a bouillon in the centers of onions; top with butter, thyme, salt and pepper. Drizzle with wine if desired. Fold foil around onions and seal tightly.

Prepare grill for indirect heat. Grill onions, covered, over indirect medium heat for 35–40 minutes or until tender. Open foil carefully to allow steam to escape.

Yield: 4 servings

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